

COUCH TO 5K

Taking up running can seem like a scary prospect.

YouMatter

How does Couch to 5K work?

It starts with a mix of running and walking to gradually build up your fitness and can be completed in 9 weeks.

Who is it for?

It's for everyone. Whether you've never run before, or you want to improve your fitness. If you have any health concerns, discuss it with your GP first.

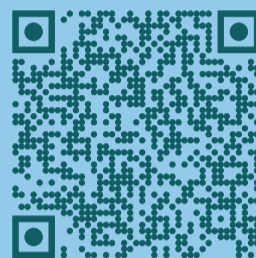
What are the benefits?

- Improve your physical health.
- No equipment, just a good pair of running shoes.
- Improve your heart and lungs
- Helps to reduce weight when combined with a healthy diet.
- May help increase bone density in some people, helping protect against bone diseases.
- Mental health benefits, boosting confidence and a great stress reliever.

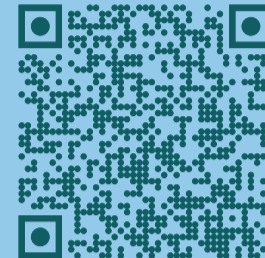
Download the NHS Couch to 5K app.

The app helps you track your running progress and gives you a choice of 5 coaches to motivate you and works with your own music.

GOOGLE PLAY



APP STORE



And before you know it, you'll be signing up for a **marathon or relay event!**