

# Couch to 5K Programme

## 9 Week Programme

Various locations  
across Ards and  
North Down

Designed to get you off the couch and gradually work you up to running 5K or for half an hour, in just nine weeks.

Did you know regular exercise can help reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke, boost your mood and keep your weight under control?

Cost: £1 per person/Free  
[venue dependant]

Wear suitable outdoor clothing and footwear.  
Please bring a bottle of water.

### To book

Email: [everybodyactive@ardsandnorthdown.gov.uk](mailto:everybodyactive@ardsandnorthdown.gov.uk)  
Tel: 0300 013 3333 ext. 40338

Pre-registration essential – A 'Participant Registration Form' must be completed by all participants.

The programme is suitable for 12+ years; all children under 18 must be accompanied at all sessions by a parent or legal guardian, no exception.

This is a progressive programme suitable for all fitness levels but is aimed at beginners.

