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Green Fitness

TCV created and runs Green Gyms® across the UK.

Green Gyms are fun and free outdoor sessions where you will be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds.

Unlike other conservation projects, the emphasis is very much on health and fitness - volunteers warm up and cool down in preparation for a range of light to vigorous activities to suit all abilities.

In fact, almost a third more calories can be burnt in some Green Gym® sessions than in an average aerobics class!



“ *Conservation work is my best workout each week*

Green Gym® volunteer ”

Health and Wellbeing



The Department of Health and GPs recognise the invaluable impact that Green Gyms® can have on those who take part.

GPs now prescribe Green Gym® sessions to patients to encourage them to improve their health and wellbeing. By taking part, participants are encouraged to make positive changes to their lifestyle, such as walking and cycling more.

Green Gyms also enhance mental wellbeing

through increased contact with nature, the social benefits of group activity and helping people contribute something positive to their community. TCV work closely with partners, including mental health charity Mind, to continually innovate Green Gyms to ensure that they maximise the benefits for participants.

“ *Green Gym® helped me to regain the confidence to return to employment and I now have a full-time job*

*Green Gym® volunteer - Portslade
Green Gym®, East Sussex* ”

Green Gym Impact

Not only do these sessions improve your health and stamina, they also benefit local green spaces.

“ I have pride in what we have achieved. I see how Green Gym has helped people and I now see that as the most important part of what we do. People depend on us.

David, Community Green Gym® Leader

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Unlike many conventional gyms, taking part in a Green Gym® is free and a great social activity too, allowing you to meet new people and work together to transform your local area, while also learning new skills every week.

Find a Green Gym® near me

Where can I join in with a Green Gym®?

Start a new Green Gym®

Find out how individuals, groups and businesses can help us create new Green Gyms®



Green Gyms are Growing

The demand for Green Gyms® is growing with more launching each year - in urban centres such as London the number of Green Gyms® has grown by 500% since 2011. With the rise in physical inactivity, isolation and the resulting health issues Green Gyms® provide opportunities for individuals to connect with nature and their community, and co-create high quality and sustainable green spaces.

“ Love it! You always feel so much better after being out in the fresh air, getting your hands dirty... you always have a good laugh!
 Roisin from the Benedy Gardening Club Green Gym® ”



Tempted to try it out? Why not join in with one of [TCV's 100 Green Gyms®](#) across the country, get fit, meet new people and transform your local environment and community.

The scaling up of Green Gyms across the country is being supported by Nesta and the Cabinet Office, through the Centre for Social Action Innovation Fund. The Centre for Social Action Innovation Fund supports the growth of innovations that mobilise people's energy and talents to help each other, working alongside public services.

See more at www.nesta.org.uk/project/centre-social-action-innovation-fund



What is Green Gym?
 Improve both your health and the environment at the same time

Health Benefits
 How Green Gym can benefit you

Green Gym Contacts
 Contacts for Green Gym across the UK



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