

## The Active Wellbeing project



A new partnership between Suffolk Sport and Run in England plans to introduce running as an activity option on the Active Wellbeing activity programme. With a focus on increasing adult participation in sport and physical activity, Suffolk Sport's Active Wellbeing project has successfully delivered courses in a variety of activities including golf, tai chi, Nordic walking, and football.

The aim of introducing these new beginner running courses is to offer local communities the opportunity to get active in the great outdoors. Whether your motivation for attending is to train for a specific event or just for fun, each session will be led by a qualified instructor who will help you achieve your goals.

In order to add these courses to the Active Wellbeing programme we require qualified instructors (Leadership in Running Fitness) to deliver safe and effective sessions. Please get in touch if you are already qualified and would like to lead some new running groups in Suffolk or alternatively if you are keen to complete the training - your place on the training course may be funded if you are committed to leading a running group as part of the Active Wellbeing project. The next training course in Suffolk is on Saturday the 8<sup>th</sup> May at Northgate Sports Centre. To discuss further contact Katrina Maguire, Active Wellbeing Co-ordinator, on 01394 444289 or [Katrina.maguire@suffolksport.com](mailto:Katrina.maguire@suffolksport.com).

To find out more about the Active Wellbeing project, log on to [www.suffolksport.com/actiwellbeing](http://www.suffolksport.com/actiwellbeing)

