



GoodGym helps you get fit by doing good.

GoodGymers walk, run and cycle to help out their local community; it's free to join and open to adults of all fitness levels. GoodGym caters to all abilities and its encouraging atmosphere makes it the perfect place to start moving without the intimidation (and costly membership) of a typical gym environment. Plus, each task earns you a 'good deed' and a great workout - which is great for wellbeing too. Tasks are all in Chelmsford and could involve tree planting, litter picking, painting a community centre, helping out a food bank - the list of ways GoodGym can help is endless.

- Do you know charities or community projects that need volunteer help?
- Would you like the feel-good factor of making a difference in your community?
- Do you need extra motivation and friendly faces to support you on your fitness and wellbeing journey?

If you answered 'yes' to any of these questions, you would make a great GoodGymer!

We meet outside the Old Factory Gym, on Wednesday evenings, at 6pm. Why not sign up for a session and get fit by doing good?!

Find out more at www.goodgym.org/chelmsford

