



# NEWS

Hertsmere Borough Council  
Civic Offices, Elstree Way  
Borehamwood  
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**For immediate release**

## **Hertsmere joins 2018 Year of Physical Activity**

A county-wide campaign to get more people moving will be kicking off next month in Hertsmere with new running courses and a fantastic offer on swimming sessions.

The Hertfordshire Year of Physical Activity, which launches on New Year's Day, will bring organisations from across the county together to help make Hertfordshire the most active county in the country – and Hertsmere residents can be part of the action. From next month, residents can claim 10 swims for £20 available from The Bushey Centre, The Venue in Borehamwood and Furzefield Leisure Centre in Potters Bar, in a bid to get more people in the water and off their sofas. The offer is being made available by Hertsmere Leisure, in partnership with Hertsmere Borough Council's award-winning activity programme We Move, She Moves.

In addition, We Move, She Moves is launching a series of new Learn to Run courses aimed at novice runners. Places are available on eight-week evening courses in Shenley from Monday 15 January; in Bushey from Tuesday 16 January and in Potters Bar from Thursday 18 January. The courses cost just £20.

Charlotte Stanton, the council's Community Sports Officer, said: "The Hertfordshire Year of Physical Activity is an exciting opportunity to celebrate all the activities and events that already go on in Hertsmere, and build on their success.

"It's especially aimed at those who haven't been active and are looking for a way in. That's why we're particularly excited to be offering swim sessions at such a reduced rate and our new Learn to Run courses.

"Swimming is the perfect form of exercise for those who need to be eased back in fitness, as it gives you a full body workout, is great for your wellbeing and your body is supported by the water.

"While our Learn to Run courses are designed for anyone new to the sport. They enable you to go at your own pace, and gradually build up stamina and endurance in a friendly and supportive environment."

The Learn to Run courses will take place from Shenley Chapel, off Porters Park Drive, Shenley from 8pm on Mondays from Monday 15 January; Bushey Grove Leisure Centre, Aldenham Road, Bushey from 7.30pm on Tuesdays from Tuesday 16 January; and from Oakmere Park, in the car park off Salisbury Close, Potters

Bar on Thursdays from Thursday 18 January from 7.30pm.

In addition, Hertmere's Active Herts specialist, Lee Bruce, is available to develop a tailored activity programme for anyone living in Borehamwood, aged 16 or over and currently doing less than 30 minutes of physical activity or sport each week. Contact Lee on 07741 248 852 or email [lee.bruce@hertsmereleisure.co.uk](mailto:lee.bruce@hertsmereleisure.co.uk) for more information.

The 'Shape Up' male-only weight management scheme is also offering free places for middle aged men in Hertsmere. The programme uses group exercise and sport to improve fitness and support weight loss. Call 01923 496391 or visit [www.shapeupherts.com](http://www.shapeupherts.com) for more information.

Details of all the county's parkruns and junior parkruns are available on the ParkHerts website. ParksHerts is the newly-launched website with information on Hertfordshire's parks and open spaces. Go to [www.parksherts.co.uk](http://www.parksherts.co.uk) for more information.

ENDS

Notes to Editors:

The We Move, She Moves programme started in 2014. Since then, more than 3,500 women and girls aged 14 or over have taken part in an array of activities, from trampolining and yoga to Popdance and Aqua Zumba for as little as £4 per session. To find out more go to [www.facebook.com/wemoveshemoves](https://www.facebook.com/wemoveshemoves)

Picture captions:

Pictures 1 and 2: Ten free swimming sessions are available at a discounted rate from Hertsmere Leisure facilities in the new year.

Hertfordshire Year of Physical Activity logo is also attached.

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