



NEWS

Hertsmere Borough Council
Civic Offices, Elstree Way
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For immediate release

We Move, She Moves gets a digital make-over

A new look website for Hertsmere Borough Council's award-winning activity programme for women has been launched in time for the warmer weather.

The We Move, She Moves website is a one-stop shop for women and girls aged 14 or over who live or work in Hertsmere and are looking for ways to get active. As well as details of all the week's activity and exercise sessions across the borough, there is advice and information for new mums and women aged 65 and over. The new search function also enables users to select a day or place or keyword to help them find the best class for them.

The We Move, She Moves programme has been running since 2014 and is funded by Sport England. It offers an amazing array of activities, for as little as £5 per session, including Pound, Pilates, Golden Burlesque and Thai Kickboxing.

Councillor Caroline Clapper, Portfolio Holder for Leisure, Culture and Health, said: "The new We Move, She Moves website is designed with the user in mind.

"It should make it easier and quicker to find out about classes that suit you and give you more up-to-date information about sessions as they come up.

"We Move, She Moves is a really popular programme which has been responsible for helping more than 3,500 women and girls aged 14 or over get active since it started four years ago.

"Over the past year, however, it's been clear that our old website wasn't able to keep up with the demands and interest in We Move, She Moves.

"This new website does everything our users asked for and more, and should mean by a click of a button, you can take the first step towards a healthier, happier lifestyle."

In time for spring, there are a number of outdoor activities on offer. For anyone seeking fresh air and Zen while toning up, outdoor yoga will be starting in locations at Shenley Walled Garden and Bushey Rose Garden on Mondays and Wednesdays from Friday 2 May.

In addition, new mums can get and out about with Stroller Strength in Shenley Park on Thursdays from 10am. Alternatively, just round the corner, Bring Your Baby Yoga at Shenley Chapel in Porters Park Drive on Wednesdays from 1.30pm offers a relaxing environment to tone up with your little one in tow.

Or for those who prefer their fitness aquatic, Aqua Zumba sessions run on Thursdays at Furzefield Leisure Centre in Potters Bar from 9.30am and on Tuesdays at The Venue in Borehamwood from 7.30pm.

To take a tour of the new We Move, She Moves website go to www.wemoveshemoves.me.uk or find out more via the We Move, She Moves Facebook page www.facebook.com/wemoveshemoves

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