

PHYSICAL ACTIVITY...IT'S RIGHT UP YOUR STREET!

We are aiming to create alternative opportunities for Gloucester City residents to be physically active in their local community. We want to create activities that are sociable, safe, enjoyable and accessible. So if you are interested in helping us to achieve our aim, we'd love to hear from you! Call or email Caroline Henley, Gloucester City Council (details below) if you want to volunteer to be involved or just want to have some input and give us your ideas.



Sports Development
Gloucester City Council
3rd Floor, Phillpotts Warehouse,
The Docks
Gloucester, GL1 2EQ

If sports, the gym or keep fit is not for you then this might be a great alternative! As part of our aim to provide Gloucester City residents with alternative opportunities to be physically active, we are looking for green spaces in your area in which to develop Green Gyms and Trim Trails.

GREEN GYMS

Green Gyms are a great opportunity to improve your fitness, get outdoors, meet other members of the community and improve your surroundings through practical conservation activities (planting hedges / flowers, creating wildlife gardens, improving footpaths etc). If you would like to nominate an area for our Green Gym shortlist, or volunteer to be involved in organising a Green Gym, please contact us on the details below.

TRIM TRAILS

Trim Trails are already up and running in some parts of Gloucester. Fixed apparatus and instruction boards can be positioned along a trail in an open space for anyone to use. If you would like to suggest a suitable area or route along which a Trim Trail could be positioned, please get in touch on the details below.

If you have any enquiries about Trim Trails and Green Gyms, please call or email on the details below and we would be happy to discuss these initiatives further with you.

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