

# Get fit for free!

with Get Moving North Tyneside



**Get Moving North Tyneside** makes it easy and fun for you to get active by walking and cycling in friendly groups.

There's loads of regular activities—all are free and open to everyone.

**Give it a try!** Just contact Emma Spence for more info:

Call **0191 2223379**  
or **07824 813054**



## Led walks and rides

Join in with guided walks and rides each week. These are a great way to stay fit, lose lbs and have fun.

## No Bike? No worries!

We have a stock of good quality bikes, buggies and equipment that we can lend to get you on the move!



## Cycling skills

Been out of the saddle a while? We can help you regain your confidence on two wheels!



## Training

Attend a maintenance training session and you'll learn simple ways to keep your bike in tip-top shape.



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