

About the Howden Green Gym

We're based at Howden Walled Garden in Livingston - behind Howden House, in Howden Park.

Howden Green Gym sessions take place every Tuesday between 10am and 1pm.

All you need to bring is your enthusiasm, suitable clothes and lunch.

Contact Chris on 0131 442 4930 to find out more.

Buses: Any bus to St John's Hospital - it's just a short walk from there



About Green Gyms

The Green Gym provides opportunities to get more physically active and boost your well being, whilst improving your local environment.

The Green Gym was founded by BTCV, a national charity which develops, promotes and monitors Green Gyms. It is the UK's largest practical conservation charity, enabling local communities to take action to improve their environment.

Green Gym has been independently evaluated by the Healthcare Research and Development Department of Oxford Brookes University.

Supported in Livingston by:



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www.btcv.org/greengym



Howden Green Gym, Livingston



What is the Green Gym?

The Green Gym helps you to get healthier, by providing a programme of regular outdoor activities, which also liven up your local surroundings.

These activities could include pruning shrubs and trees, making paths, growing fruit and veg, planting wildflowers, creating flowerbeds or building seats.



It offers a new way to get fit and healthy by being more physically active in the outdoors.

It's also a great way to refresh your mind, reduce stress levels and improve your overall mental and emotional health.

You can meet new people, learn new skills and increase your confidence too. With the Green Gym there is also the satisfaction of doing something positive for your community.

How will it benefit my health?

Research shows that:

- ✓ Green Gym participants report feeling fitter and having more energy than before they joined
- ✓ Almost 1/3 more calories can be burnt up in an hour of taking part in some Green Gym sessions than in doing a step aerobics class
- ✓ People who take part in regular Green Gym sessions become stronger and fitter, and so are at less risk of developing conditions such as heart disease and osteoporosis.



It is something to look forward to and enjoy. After only a couple of months, I feel that I have a lot more energy for the other things that I do.

Who can take part?

- ✓ Anyone, whatever your fitness level.
- ✓ Under 16's must be accompanied by an adult.
- ✓ The Green Gym is a flexible programme: you can join in for just an hour, or up to 3 hours per session.
- ✓ There is a range of activities in any one session, so you can start on gentle tasks and build up to more challenging ones.
- ✓ As well as being fun, the Green Gym is **free** of charge.

