

# Get ready to SOCIALCISE!

Find Friendship, Support, Fresh Air and Fitness  
with Ready Steady Mums



## Join your local free walking group for mums:

- Get fit and healthy while socialising with friends by joining our local walking group
- Our free local Socialcise group is a great way to meet new people at the same time as getting your body back in to shape after having a baby
- Being part of a group helps motivate us
- Join us for a simple walk in the fresh air together

## Join us:

Day:

Time:

Place:

Your local Ready Steady Mums group contact:

For more info visit [www.readysteadymums.org](http://www.readysteadymums.org)



An iHV programme

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\*Socialcise Group Leaders are NOT qualified fitness instructors, they are community volunteers. All group members are responsible for choosing how they participate in safe physical activity for themselves, seeking professional advice as required. See terms and conditions at [www.readysteadymums.org](http://www.readysteadymums.org)

Ready Steady Mums is a volunteer-led community exercise movement for mums, a programme run by the Institute of Health Visiting.

**iHV** Institute of  
Health Visiting  
Excellence in Practice