



Do you need help getting active? We can help.

Ask your GP or health care professional to check if you're eligible to join one of Milton Keynes' Adult Exercise Referral Programmes listed below. ***Courses available at a discounted rate.***

AMKERS

A 12-week exercise programme to help you become active and support general health conditions.

U Can AMKERS

Specialised exercise programme for people before, during and after cancer treatment.

Keep Active Keep Well

A 10-week educational and practical exercise programme for people suffering with low level respiratory conditions.

Ask your GP or health care professional to be referred, or contact exercise.referral@milton-keynes.gov.uk.

Physical activity opportunities in Milton Keynes

PING!

Accessible street table tennis across MK, fun and free for everyone.

Visit: www.pingengland.co.uk/milton-keynes

Walking in MK

Join the free MK Walking for Health Programme to get active, meet others and improve your health and wellbeing, while exploring the outdoors.

Visit: www.walkingforhealth.org.uk/walkfinder/milton-keynes-health-walks

Age UK MK – Walking Befriending Scheme

Volunteers supporting older people to get active through walking.

Call: **01908 550700**

The Parks Trust

Walking for fun or fitness, walking the dog or pushing the pram, MK is full of parks and programmes to choose from.

Visit: www.theparkstrust.com

Arts & Heritage Walks and Cycling

Enjoy MK's public art and historical sites on foot or bike.

Visit: www.getaroundmk.org.uk/walking

Visit: www.getaroundmk.org.uk/cycling

Nordic Walking

Walk using poles to support and propel you along. Training available.

Visit: www.mknordicwalking.co.uk