

You in 2015...

Take up a new sport or hobby

Starting a new sport is a great way to lose weight, tone up, meet new people and ultimately feel good about yourself.

The most difficult thing is getting yourself motivated to start! Once you do - the changes you feel as you get fitter will spur you on to keep going. Check out what's on offer at www.healthydarlington.co.uk

If you're not the sporty type, what are you interested in? Why not take up an old hobby or learn something new. The Learning and Skills Service has a wide range of courses on offer - visit www.healthydarlington.co.uk



Move More... for a happy, healthy new you!

There's lots on offer in Darlington to help you get active and improve your wellbeing. Make 2015 your year to get active, move more and improve your health. Whatever your interest there should be something for you. Make time for you - you deserve it!

Joanne Carter wanted to get fitter, feel better about herself and spend more time with her daughter. They heard about the Back to Netball sessions and both decided to go along. The sessions are held weekly on Mondays at Darlington School of Maths & Science (DSMS) 6.30 - 7.30pm.

We caught up with Joanne to find out what she had to say about returning to a sport she once loved:

Joanne said: "My daughter told me all about the Back to Netball sessions so we decided to give them a try. I had been thinking of ways to get fitter and this seemed the perfect solution, plus I got to spend time with Rebecca. The sessions are great fun - I surprised myself at how much I remembered. Since starting in September I have definitely lost weight and toned up - Rebecca and I have also made some lovely new friends. For anyone thinking they should do something to improve how they feel - do it, I did and am so pleased I did, as I feel great."

Move More Star



Move More Star
- Joanne Carter
with her daughter
Rebecca

Healthy Darlington
eat well, move more, live longer

Back to Netball provides a gentle introduction for female players over 16 years of age.

The sessions are run on a weekly basis in ten-week courses, are coach-led and cover basic netball skills, development and court play. The emphasis is to have fun while learning new skills. The next 10 week programme starts on Monday 12 January 2015 6.30 - 7.30pm. Cost is £3 pp per session. Email movemore@darlington.gov.uk or call 01325 254370 to book.