

# Activities out and about

- **Walk a bit more** – to work, to the shops, or to the end of the road and back.
- **Play a game in the park** – for example, frisbee, tag or a game of catch.
- **Try a new sport, or join a team, group or exercise class** – the [Be Inspired](#) website has lots of information about what different sports and activities are like, and how to get involved.
- **Volunteer outdoors** – [The Conservation Volunteers](#) and [The Wildlife Trusts](#) run outdoor volunteering projects around the UK.
- **Find your local leisure centre** – leisure centres have a range of sports facilities, such as badminton and squash courts, and run exercise classes and groups, such as Zumba and aerobics. They often feel more inclusive than private gyms, and many have discount schemes and childcare facilities. Check your [local council website](#) to find your nearest centre.
- **Try a dance class** – from Zumba to swing, ballroom or dancercise, the [NHS website](#) [has a directory of classes in your local area](#).
- **Walking or running groups** – [Walking for Health](#), [Let's Walk Cymru](#), [Ramblers](#) and [Run Together](#) all organise free, inclusive local groups with trained volunteers.

## I'm not the sporty type, but I love walking. It really lifts my mood.

- **Outdoors gyms** – some local parks have free outdoors gym equipment you can use. You can try your local council website to find the location of any outdoor gyms near you.
- **Cycling** – whether riding to the shops or to work, or going on long bike rides at the weekend, the [Sustrans](#) website has lots of ideas for routes and information about safe cycling to get you started.
- **Adventure gaming apps** – some gaming apps are a great opportunity to explore outside.
- A mindful sport, such as [yoga](#), [pilates](#), [tai chi](#) or [Nordic walking](#) – the NHS website has information about what these involve and how to find classes.
- **Gardening or seated gardening** – the [Carry on Gardening](#) website has information about gardening for emotional wellbeing and with particular disabilities. If you don't have a garden at home, the [Social Farms & Gardens](#) website has details of community garden and farms around the UK.
- **Be active in nature** – our information on [nature and mental health](#) has lots of ideas for getting active outdoors.
- **Swimming** – [swimming.org](#) has a search tool to find your local pool, information about adult swim classes and water-based sports such as aqua aerobics, aqua Zumba, water polo and synchronised swimming, as well as pool exercises you can do on your own.