

Want to get fit this summer in the great outdoors?

We all know the health benefits associated with exercise and increasing physical activity levels. These include increased energy levels, increased cardiovascular fitness, improved strength and endurance, weight maintenance, increased self-esteem and self-confidence and a whole host of psychological benefits.

With the advent of warmer weather and lighter nights from spring through to autumn, exercising outdoors becomes far more appealing than a visit to the gym. A good outdoor workout provides physical and mental stimulation. A little time spent getting muddy with a group of like-minded people and using your environment can be good for the soul.

With all this in mind, Claire Darlington, a local group exercise specialist, and her energetic team will be launching Fitness in the Forest sessions in Delamere Forest every Monday evening, 6.55pm-8pm from the 9th May through to 26th September (excluding Bank Holiday Mondays).

The sessions are geared towards all ages and abilities, with beginners welcome. The meeting point will be the car park next to the information centre and all participants are asked to arrive in good time.

The fun and effective sessions will follow a varied format each week, but will include all styles of exercise training such as military circuits, team games, exercise trails and resistance band training.

These weekly fitness in the forest sessions will initially run as pay as you go, at £5 a session, that includes car park charges. However, if these sessions are popular, then there will be three separate sessions running each week, when a cheaper direct debit option will be available too. Participants should wear comfortable, layered clothing, with a spare water proof jacket and trousers if its raining, good outdoor trainers, with plenty of grip, a bottle of water and ensure they have eaten some good energy supplying foods at least 2-3 hours prior to training.

Please contact Claire on 07968077180 for more information or visit www.chesterfitness.co.uk