

Feel Good Fitness

Move More, Make Friends,
Great for Body and Mind!

Exercise is for everyone and no one should feel left out! Feel Good Fitness has a range of activities to help support you to better health. Choose a session that's right for you!

Feel Good Fitness Football

Feel Good Fitness **Football** is for men of any age looking to improve fitness and strength, through the fun of Football – 10 weeks.

Feel Good Fitness Couch to 5k

Feel Good Fitness **Couch to 5k** is for those who think they can't, but can! Join a small group of enthusiastic novices, to begin your journey – 10 weeks.

Feel Good Fitness Classes for Men and Women

Feel Good **Fitness Classes** are for Men and Women who want to improve their strength, fitness and flexibility but perhaps don't know where to start. Feel better in just 10 weeks - Men only class also available.

Each session will include practical tips to help you support your mental wellbeing.

Learn about mindfulness, stress management, challenging unhelpful habits, and how to boost your mood!

Book your place

Take your first 'Feel Good' step today, sign up via the website:

brentfordfcst.com or for more information

email: health@brentfordfcst.com

brentfordfcst.com



London Borough
of Hounslow



NHS

West London
NHS Trust