

Move Your Way to Better Health.

Be Active Hampshire is a free 12-week programme to help you move more and feel better, in a way that works for you.



Change for the better



Group activities



Local to you



1-1 Support



Free to join

Join gentle sessions like health walks or chair-based movement, designed around your needs and confidence.

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 hello@beactivehampshire.org.uk

 www.beactivehampshire.org.uk

Scan the QR
code to check
if you're eligible
and join for free.



Who's it for?

Be Active Hampshire is for adults (18+) living in Hampshire who aren't moving much right now (less than 30 mins a week).

We understand that everyone has different reasons for not being active – whether that's pain, confidence, time, or motivation. This programme is here to support you to move more, your way.

What you can expect:

- ✓ Relaxed group sessions led by friendly professionals
- ✓ Low intensity movement like gentle yoga or walking netball
- ✓ No pressure to “keep up” – just encouragement to feel better
- ✓ Options near you, including evenings and weekends
- ✓ A welcoming, inclusive space to build confidence



We know starting something new can be daunting — but you won't be doing it alone.

Take the first step today.