

A group of children are climbing a large tree. One child in the foreground is hanging upside down from a branch, smiling. Other children are perched on various branches, some looking towards the camera. The scene is set in a lush, green forest.

# ENCOURAGING PHYSICAL ACTIVITY



**PHYSICAL  
HEALTH**



**get  
out  
more**

helping people  
engage with nature  
to feel better in  
mind & body



94% OF  
PARTICIPANTS WERE  
ACTIVE DURING A  
GET OUT MORE  
SESSION

“MY CHILDREN HAVE  
COME ON IN LEAPS AND  
BOUNDS SINCE STARTING  
FOREST SCHOOL”

TB, PARENT



# ENCOURAGING PHYSICAL ACTIVITY



Our programmes develop physical health through being active in nature. From children's play and community forest schools to adult skills and staff wellbeing sessions, we get people out more, creating lasting, healthier lifestyles through a love of the outdoors.

Get Out More uses local woodlands, parks and natural spaces to bring people together, be active and feel good, working towards our vision: **communities and nature growing healthier together.**

**Find out more:**

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[www.getoutmorecic.co.uk](http://www.getoutmorecic.co.uk)

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