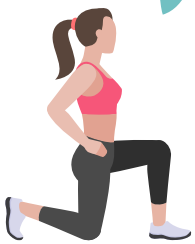
The Work It Out Together project delivers sessions to women impacted by domestic abuse - in partnership with LLeisure venues.

We asked women taking part how it helped them to get active and improve wellbeing.

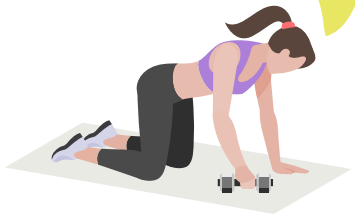
"Attending the swimming lessons has been fantastic... I have learnt how to do breaststroke which has really built my confidence in the pool."

"The LLeisure team have all been incredibly kind to me and have supported me to go to the gym which I never thought I would do."



"The chair exercise has helped me in more than one way. I began where I had to use my stick to walk around the room but now, I am able to walk around myself."

"I had support familiarising myself with the gym and have attended weekly... An unexpected bonus has been the opportunity for my son and I to re-bond over swimming."



www.broxtowewomensproject.org.uk

TOP TIPS FOR GETTING ACTIVE

A GUIDE FOR WOMEN

GETTING STARTED

- Focus on you - think about activities you enjoy or would like to try.
- Start slowly and gradually build up from there. This could be brisk walking and increasing the pace to running as you feel comfortable.
- Buddy up - you could ask a friend to join you at your first class or session.
- Set realistic goals. It doesn't have to be about losing weight or gaining muscle - just taking time for yourself for your mental and physical health.

TIPS TO FEEL MORE COMFORTABLE

- If you are uncomfortable exercising with men present, enquire with your local leisure facilities whether they have any female-only sessions.
- If you are unsure or nervous about the equipment, ask for an induction or a tour of the facilities. You could ask if there is a female member of staff available to do this with you.
- Don't like crowds and feeling overwhelmed? Enquire with your local leisure facilities about when their quiet periods are so that you can avoid peak times.