

# Get ready to SOCIALCISE!

Find Friendship, Support, Fresh Air and Fitness  
with Ready Steady Mums



## Join your local free walking group for mums:

- Get fit and healthy while socialising with friends by joining our local walking group
- Our free local Socialcise group is a great way to meet new people at the same time as getting your body back in to shape after having a baby
- Being part of a group helps motivate us
- Join us for a simple walk in the fresh air together

<b>Weekday</b>	<b>Time</b>	<b>Meeting Point</b>	<b>Walk Route</b>
Mondays	1pm	Sainsbury's Café Entrance, 30A Mulfords Hill, Tadley RG26 3JE	Tadley Common / Local paths
Tuesdays	1pm	Sainsbury's Superstore Café Entrance, Wallop Drive, Hatch Warren, RG22 4TW	Beggarwood Park
Wednesdays	1pm	Waitrose Ground floor Café, Basing View, RG21 4BF	Eastrop Park
Fridays	10am	Rooksdown Community Centre, Park Prewett Road, RG24 9XA	Rooksdown Spinney & paths



An iHV programme

Follow iHV and RSM on Facebook: [facebook.com/iHealthVisiting](https://facebook.com/iHealthVisiting), [facebook.com/readysteadymums](https://facebook.com/readysteadymums)  
Twitter: @iHealthVisiting, @ReadySteadyMums

\*Socialcise Group Leaders are NOT qualified fitness instructors, they are community volunteers. All group members are responsible for choosing how they participate in safe physical activity for themselves, seeking professional advice as required. See terms and conditions at [www.readysteadymums.org](http://www.readysteadymums.org)

Ready Steady Mums is a volunteer-led community exercise movement for mums, a programme run by the Institute of Health Visiting.



### Your local Ready Steady Mums group contact:

Facebook: Ready Steady Mums - Basingstoke or Basingstoke Health Visiting Team 01256 376558

See the Facebook page for all weekly Ready Steady Mums walks across Basingstoke

Updated: January 2020