



Are you
aged
14-17?

Would
you like
to be
healthier?

Want to
get more
active?

TRY THE
GYM
GOOD YOUTH MOVE

Good Youth Move is a **FREE** 3-month gym or exercise programme for young people aged 14-17*

Sessions take place at all North Tyneside Council sport and leisure centres. Each attendee will receive a full induction, exercise programme, nutritional advice and gym bag.

* Subject to meeting eligibility criteria. GYM is a preventative programme and participants must be above the 75th BMI centile. Please contact us for details.



SESSIONS
AT ALL
Contours
GYMS

To find out more, contact the CHAT team:

CHAT@northtyneside.gov.uk



(0191) 643 7453



Active North Tyneside



@Active_NT



Thursday GYM session
at The Parks Sports Centre
4pm – 5.30pm (term time only)
No need to book, just turn up*

Come along for weekly
support and advice from
our friendly gym team;
and train with others.

*** Please note:**

these weekly sessions
are exclusively for young
people who have been
registered on the
programme.

Don't just take our word for it....

"I felt a bit self-conscious at first because I'd never been in a gym, but the staff are really nice and friendly. I don't know why I was worrying, it's great."

"The weekly sessions are good for me, it keeps me motivated and we get little challenges each week which are always a good laugh."

"I'm loving the opportunity to use the gym independently".

"I've loved the GYM programme, I've lost weight and can now fit in my suit for my sister's wedding."