



MOVE MORE

We're on a mission to guide you toward a healthier, happier life through physical activity. Discover exciting local activities and resources to help you on your journey to **moving more, every day, in your own way.**

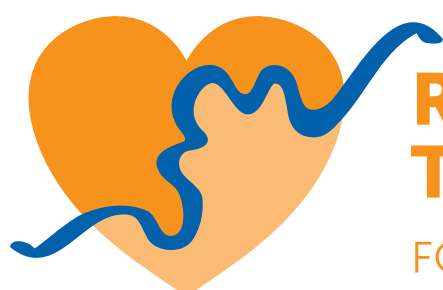
Find low-or-no-cost activities near you
richmond.gov.uk/richmond_moves_more



Scan the QR code to sign up
for tailored emails to help
you move more

Don't know how to start?

Try walking or running in one of Richmond's parks, accessible for all. You could try a free parkrun, where you can walk or run with other people every week. Find details of local parkruns and parks on our website!



**RICHMOND UPON
THAMES MOVES**
FOR A HEALTHIER BOROUGH

**EVERY
DAY.**

**YOUR
WAY.**