

Get Up!

Get Out!

Get Active!



Running Hiking Boxing Walking Dancing Art
 Bootcamp Aerobics Cycling Golf Well being
 Horse Riding Nutrition Rugby Tennis Self Defence Yoga Waltzing Golf

Ballinasloe is on the Move!

**Ballinasloe Town is taking part in the Fit Town Initiative
1st February - 13th March**

There's something for everyone: All ages, all interests, all welcome!



For more information, log on to:

www.ballinasloe.ie/fittown



12 Benefits of Walking

1. Lose Weight

2. Healthy Heart

3. Increase Self-Esteem

4. Tones Muscles

5. Increases Metabolism

6. Reduces Stress

7. Improves Mood

8. Increased Energy

9. Decrease chance of injuries

10. Low Impact

11. Reduce risk of High Blood Pressure

12. Strengthens Bones/Joints

