Offering individuals living in Dorset the opportunity to take part in a range of gentle exercise outdoors with support and guidance.
IS IT RIGHT FOR ME?
Gentle activity outdoors, with like minded people, might just be the helping hand you need to have a better sense of well-being both physically and mentally if you are:

- Needing to lose a bit of weight
- Finding it difficult to get active
- Feeling low
- Lacking in confidence

HOW DO I SIGN UP?
- Visit your GP, local pharmacy or health professional and ask about whether Natural Choices is right for you as they can refer you.
- Please contact LiveWell Dorset for further information about Natural Choices and the local activities available to you. Visit www.livewell dorset.co.uk or freephone 0800 8401628 or local number 01305 233105.

HOW MUCH DOES IT COST?
The cost will vary depending on which activity you choose, but the average costs are around £2.50 to £5.00 per session. Each activity price will be advised from the beginning.

HOW LONG DO I SIGN UP FOR?
It is recommended to sign up for 12 sessions. In that time activity leaders aim to help you build confidence to do activities outdoors on your own or try different activities and let you know about similar opportunities that you can explore.

WHAT WILL I GET OUT OF IT?
People feel low for many reasons but being active in the natural environment has been proven to help improve moods, health and build self-esteem. Many people find it difficult to get outdoors and the program is there to make the first steps easier. There is also a good chance you could find new friends.

PROJECT INFORMATION
www.dorsetl np.org.uk/Natural_Choices

LiveWell Dorset  @LWDorset