

See how many of the following activities you can tick off during 2023.

Let's make 2023 the year that we are more active, together!



- 1 Go swimming at a Merton leisure centre
- 2 Join a pregnancy class at Wimbledon Methodist Church
- 3 Take a stroll with a walking club, such as Wimbledon Walking Club
- 4 Practice some pelvic floor muscle training exercises
- 5 Visit nhs.uk for pre- and postnatal exercise advice
- 6 Join a gardening club through Sustainable Merton
- 7 Check out NHS chair-based pilates videos from the comfort of your home
- 8 Attend a yoga pregnancy class
- 9 Use the exercise bike at your local gym
- 10 Attend a Walk and Talk walk on a Saturday morning
- 11 Improve your strength and balance by taking a tai chi class
- 12 Take part in some low-impact aerobic classes
- 13 Take part in aqua-aerobic classes
- 14 Follow the Wimbledon Way walking route
- 15 Try out low-impact exercises during each trimester
- 16 Explore what activities Wimbledon Guild have to offer
- 17 When taking public transport, get off a stop early and walk a little bit further
- 18 Learn a new dance move by joining a class or learning on YouTube
- 19 Walk the Merton Mile at Figges Marsh with friends
- 20 Download the active 10 app to help get those steps in
- 21 Stay active at home with online exercise classes for pregnant women
- 22 Sign up for Start4Life emails to get advice and tips on exercising during pregnancy
- 23 Your favourite activity!