

# Lead a Ready Steady Mums group for friendship, support, fresh air and exercise

## Get ready to SOCIALCISE!

“ Ready Steady Mums is here to help mums like you to make a difference through exercise - for yourself, your family and your local community of new mothers. We know that being part of a group helps motivate us. It can all start here, with a simple walk in the fresh air together.

So, are you ready to take that first step? ”

Katy Tuncer, Founder of Ready Steady Mums

## How to set up your own free walking group for mums:

- 📍 Choose the time and place for your new group to meet each week
- 📢 Share news of your new group, with the help of your health visitor
- 📝 Register as a Group Leader\* at [readysteadymums.org](http://readysteadymums.org) and access free advice and support
- ♥ Start walking with your new group



An iHV programme

[www.readysteadymums.org](http://www.readysteadymums.org)

Email [info@readysteadymums.org](mailto:info@readysteadymums.org)

**iHV** Institute of  
Health Visiting  
Excellence in Practice

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## Our support for you



Chat directly with a fellow mum or health visitor for advice on getting started



Appear on our online map with info you choose to share with mums searching for your group



Enjoy exclusive access to our Socialcise Group Leader resources and online community



Link with us and get social media promotion for your group

**Follow iHV and RSM on Facebook: [facebook.com/iHealthVisiting](https://facebook.com/iHealthVisiting), [facebook.com/readysteadymums](https://facebook.com/readysteadymums)  
Twitter: [@iHealthVisiting](https://twitter.com/iHealthVisiting), [@ReadySteadyMums](https://twitter.com/ReadySteadyMums)**

\*Socialcise Group Leaders are NOT qualified fitness instructors, they are community volunteers. All group members are responsible for choosing how they participate in safe physical activity for themselves, seeking professional advice as required. See terms and conditions at [www.readysteadymums.org](https://www.readysteadymums.org)

Ready Steady Mums is a volunteer-led community exercise movement for mums, a programme run by the Institute of Health Visiting.