

Welcome to the First Fitmums & Friends Newsletter of 2026!

Pop the kettle on, get comfy, and have a browse through what's coming up this year to help you stay active, connected, and feeling fabulous.

The Golden Mile Start 2026 Steady & Strong

If you're easing back into exercise after a busy year, an injury, illness, or after having a baby, remember every club offers a 1-mile run option. It's the perfect, gentle way to rebuild confidence and fitness. Running a mile has huge benefits, and there's absolutely no pressure to go further. Start small, feel good, and enjoy the journey.

Read more [here](#)

The Wonders of Walking



Running isn't for everyone and our **walking options continue to grow**, and they're a brilliant way to stay active through the darker months.

So why not join one of our friendly clubs and have some company whilst getting in your steps?

Why walk with us?

- Friendly groups
- Safe and sociable
- A guaranteed mood-boost

And don't forget our **Nordic Walking groups!**

Every Monday afternoon (Beverley) & Monday evening (Harrogate). There's also a Wednesday evening group in Beverley (twice a month, contact for dates).

Full training is provided... and the benefits are fantastic. Just get in touch to find out more

nordicwalking@fitmums.org.uk



Fit Kids - Spaces Available!

Do you have a child aged 5-17 who'd enjoy fun, athletics-based sessions led by qualified coaches?

Wyke College, Hull

🕒 Ages 5-9: 5-6pm

🕒 Ages 10+: 6-7pm

£2 per session (paid at the start of each half-term)

For info: denise@fitmums.org.uk

A great way to build confidence, fitness, and friendships.



Free Weekly Family Activity Starting 10th January 2026

Our Saturday Active sessions for parents, grandparents and children are now FREE!

One hour of fun, movement, and quality time together, led by Fitmums & Friends coaching staff.

A brilliant way to kick off your weekend and your year.

Please book [here](#)

Run Under the Midnight Sun: Iceland 2026 Trip Announced

Fitmums and Friends are delighted to announce the opportunity to take part in an unforgettable running and Nordic Walking adventure to Iceland for the Midnight Sun Run 2026, taking place on 25 June 2026 in the heart of Reykjavík. See more [here](#)



New Menopause Activity Programme

Our next 6-week programme begins 20 January 2026 in Beverley.

What's included?

- Yoga session
- Strength & conditioning
- An invaluable chat with a specialist doctor
- Gentle walks with trained leaders

Ideal for yourself or someone you know. Spread the word! [Book here](#)

Financial Support – The Mike Barlow Memorial Fund

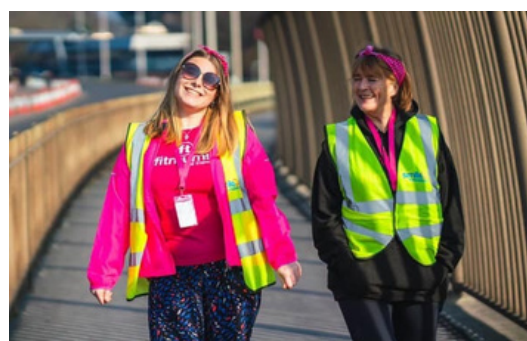
If you or someone you know is struggling financially, please remember **the Mike Barlow Memorial Fund is here to help**. Created in memory of Coach Mike, it ensures that cost is never a barrier to being active and supported. Times are tough, staying active shouldn't be. More info [here](#)

Events for 2026 – Save the Dates!

Headscarf Hustle – 8 March 2026

This year we're switching to a new venue along the beautiful River Humber, based at Humber Keys. Huge thanks to Spencer Group for hosting us.

Entries open soon! More info [here](#).



1-Hour Club Challenge – 11 July 2026

How many laps of Costello Stadium can you run or walk in one hour? Every lap counts towards your club total. A brilliant, feel-good Fitnums day out.

More info [here](#).



Farm Run 10k – 27 September 2026

After a fantastic debut in 2025, the Farm Run 10k returns! A wonderful event through gorgeous countryside – don't miss it.

More info [here](#).



Fancy Even More? Here's What's On Offer

- **All sessions in January** – open to all - see all sessions [here](#).
- **Monthly coached adult track sessions** at Costello Stadium. See [here](#)
- **Monthly adult cross-country sessions** on Beverley Westwood. See [here](#)
- **Intergenerational Choir** – starts 11 January (11 rehearsals).

Men, women and children welcome.

Performance: 21 March at Beverley Memorial Hall.

A lovely way to use your lungs in great company.

Open to non-members too. Book [here](#)



Want to Volunteer? We'd Love Your Help

Join our volunteer register and choose opportunities that suit you. We will keep you updated about upcoming events and you can choose if you'd like to help. Sign up [here](#).

Current needs include:

- Cheer station volunteers for **Snake Lane 10**
- **Support** on the evening of the **choir** performance (21 March 2026)

Even a little time makes a big difference.

You can see upcoming opportunities [here](#).

**Here's to moving more, smiling
more, and doing it together. Bring
on 2026. We've got this!**