

**Rural communities in Suffolk are being given the opportunity to get more active thanks to a new initiative launched by Suffolk Sport.**

'Fit Villages' gives local communities the chance to run subsidised sporting and physical activity sessions from local facilities such as village halls, community centres and recreation grounds thanks to support from local funding bodies.

The project focuses on ensuring that living in a rural area presents an opportunity rather than a barrier to accessing sport and physical activity and aims to empower the local community to make it a central part of their life.

By participating, local people are given the chance to engage with an activity programme without transport, time, and environmental concerns and at a greatly reduced cost; all reasons cited as obstructions to quality activity provision in rural areas.

For further details please visit [www.suffolksport.com/fitvillages](http://www.suffolksport.com/fitvillages) or contact Henry on 01394 444289 / [henry.tapp@suffolksport.com](mailto:henry.tapp@suffolksport.com).