

Tool 8: Access to places and spaces

This tool will help you to think of the variety of places and spaces that will provide opportunities near to your home and your local area that can be used to enable residents to make choices to be physically active.

Indoor spaces	Details
Libraries, museums, galleries and arts venues	
Shopping and retail spaces	
Garden centres and DIY stores	
Theatres, cinemas, singing, drama and dance venues	
Leisure and sports centres, swimming pools	
Schools, colleges and universities	
Sports and activity groups	

Outdoor spaces	Details
Parks, gardens and arboretums	
Historical walks and nature trails	
Country houses and beauty spots	
Seaside, beaches, harbours and promenades	
Wildlife park and farms	
Farmers' market or food fairs	
Sports events and Highland Games	

