



Hello! We're Andrew and Gill and we started WildStrong because we wanted to get outside more, move more and spend more time with other people.

Andrew has been a personal trainer and sports science teacher for years and has a Masters in Public Health. Gill, on the other hand, well I'd rather eat glass than go to a gym, but I've always been happy getting outside and moving. So when the physio told me I needed to get stronger for my achy knees, I wondered if there's another way I could get strong, while having a nice time?

We believe movement can be about so much more than just physical fitness—it can also be the means by which we can reconnect with each other and create stronger communities. As we get older, we often move less, and our opportunities to engage with the world around us starts to shrink. It's something that many of us experience. And it's something we can relearn together.

Join the playful movement



WildStrong



So you're thinking about moving more, spending time outside, with other people – but you're not quite sure where to start?

Don't worry – there's a lot of us in the same boat.

Here's our favourite reading list on movement & connection as a starting point:

- **Cormac Russell:** [We Don't Have a Health Problem, We Have a Village Problem](#)
- **Wendell Berry:** [Health is Membership](#)
- **Dan Edwardes:** [Practical Movement, or Doing Rather Than Training To Do.](#)
- **Todd Hargrove:** [Affordances for Movement](#)



If you'd prefer to have a listen instead of a read, try these two:

- [Learning to Solve Movement Problems](#)
- [Creativity and Compassion in Coaching](#)



The question we come back to time and time again is how can we build supportive, in-person communities where we can **rediscover confidence in movement, learn new skills, and help each other grow?**



Wild Strong

We created WildStrong to give anyone the skills to build their own movement community.

We start with a **map of all the movement skills** that we need to hold onto so we can keep joining in at whatever life throws at us.

A few years ago, we started teaching movement through play and games alongside more structured, prescriptive methods. While both approaches have value, we've found that play and problem-solving are especially effective when working with older adults or those who might find the idea of joining an "exercise class" intimidating.

We hope these articles inspire you with ideas to get outside, move more, and engage with your community.

We'd love to hear from you—let us know your thoughts!

Gill & Andrew