



## Welcome to OurParks.org.uk

### **Born Barikor**

I am Born and this is OurParks. OurParks brings freedom of access to parks funded by local authorities and development corporations and right about now we are in Victory Park doing a boot camp with PT Liam Cole.

### **Liam Cole**

You need to burst up, okay, big jumps. That's it come on. If the jump's too just bend.

### **Participant 1**

I've been doing OurParks for a fair bit. I've done hula hooping, abs bums thighs and I think it's wonderful. It's great for meeting new people. It's great clearing your mind and the wonderful side effect is that you get a great body at the end of it.

### **Liam Cole**

Come, come, come on. I see you there!

### **Born Barikor**

OurParks now operates in more than five boroughs across East London and we're expanding every day. We're commonly in Hackney, Waltham Forest, Tower Hamlets, East Village and the Olympic Park and we're still trying to get to a park near you.

### **Liam Cole**

Nice big lunges. Lizzy keep going. Try to speed up.

### **Participant 2**

It's my first bootcamp here. It's great that they're free. It's amazing to get everyone in shape and it's nice to meet your neighbors. I've been coming now for four months now. I do bootcamp on a Saturday. Run fit on Sunday and it's fantastic and so thank you OurParks.

### **Born Barikor**

So, find out more that what we do. Go to the web pages [OurParks.org.uk](http://OurParks.org.uk) Follow us on Twitter @OurParksUK and like us on Facebook at OurParks.

### **Participant 2**

Live for more weekends now.

