

move more monthly

Issue 34, February 2012

This is the Go4Life online newsletter informing members about opportunities to get and stay active and healthy in North Somerset.

You can contact Go4Life by email go4life@n-somerset.gov.uk or by calling 01275 882 730. Visit the website for more information www.go4life.org

Cycling for beginners



Cycling is a truly invigorating and liberating experience, enjoyed by people of all ages and from all walks of life. Whether you're cycling to work, to school, to the shops or just for fun, the humble bicycle is an easy way to get more active.

Regular cycling can reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke. It can also boost your mood and keep your weight under control.

A guide is available on the [NHS Choices](http://www.nhs.uk) website designed to make cycling a safe and enjoyable experience and provide you with tips on staying motivated.

For short journeys, any good working bike will do. You might have an old 10-speed racer, a shopping bike or a bargain mountain bike that you could use. If you're buying a second-hand bike or you have an old bike that's been gathering dust, consider having it serviced at a specialist bike shop to ensure it's roadworthy.

If you're buying a new bike, there are many models to choose from. Hybrids, road bikes and mountain bikes are the most popular. A specialist bike shop will advise you on the correct frame size and help you select a bike to suit your budget and the type of cycling you want to do.

Find out if your workplace operates a cycle to work scheme. This is a more affordable way of buying a new bike and safety equipment.



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There are many bikes available for people with disabilities. The two main providers of specialist bikes are [Wheels for All](#) and [CTC](#).

To learn to cycle with confidence, see CTC's [cycle training](#) or [Bikeability](#) for information on training schemes, some of which are free. Before you start cycling in traffic, check the [Highway Code](#) for up-to-date rules and regulations for cyclists.

Commuting by bike is cheap, green and one of the easiest ways to fit exercise into your routine. Work out your route to work using [Sustrans](#) or contact your local council for free cycling maps.

Riding to school is a great way to get the kids more active. Cycling has many benefits for children such as improved health, confidence and concentration. Parents may want to accompany younger children, which makes it a good way for grown-ups to get cycling, too.

There are many wonderful places to cycle in cities and the countryside. Cycling is an ideal way for friends and families to explore their neighbourhood and beyond. [Sustrans](#) has free information packs about cycling in your region.

From charity rides to park cycles, signing up for a bike ride is a great way to stay motivated and experience the great outdoors. Find a bike ride near you using Sky and British Cycling's [Sky Ride](#).

For more information and ideas visit the [NHS Choices](#) website.

Bristol 200ft Spring Leap

Leap into spring with a whole new view of Bristol by taking on Clic Sargent's 200ft abseil on Sunday 4 March 2012.

Due to building work taking place at Bristol Children's Hospital this year, the building is out of bounds for the 8th annual Bristol Abseil. However, there is now an even taller and tougher challenge for you in its place; the Bristol City Centre Premier Inn!

Everyday in the UK, 10 families receive the news that their child has cancer. Last year Clic Sargent supported over 250 families visiting Bristol Children's Hospital and they need your help to continue their vital services.

So go on, face that fear for CLIC Sargent and sign up today to show your support for children and young people with cancer. Everyone who raises over



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£150 will receive a CLIC Sargent t-shirt and there will be a prize for the top fundraiser.

Spring themed fancy dress is encouraged too – daffodils, chicks, Mad March Hares, the choice is yours!

Registration fee is £15 per person and minimum sponsorship is £150 per person. Abseilers must be over 16 years old and those under 18 must have parental consent and be accompanied by a parent or guardian on the day.

For more information about this event or if you would like to register, please call Sophie on 0117 311 2639, text 'SPRING' and your details to 07595 400 867, email sophie.porfirio@clicsargent.org.uk or visit the Cllic Sargent website

Weston-Super-Mare Golf Club is helping more people to GET INTO GOLF!!

Weston-super-Mare Golf Club is offering free taster sessions for adult beginners on 19 and 26 February and 4, 11, 18 and 25 March 2012 to help them to Get into Golf.



The sessions will take place from 1-2.00 p.m. and 2-3.00 p.m. (Groups 1 & 2). They are open to beginners/non members and provide an ideal opportunity for adults to experience the game of golf.

To find out further information on the above sessions and to book a lesson with a qualified PGA Coach please telephone Weston-Super-Mare Golf Club on 01934 626 968 ext. 1.

This is offered as part of the English Golf Union (EGU) and English Women's Golf Association (EWGA) Club Coaching Grant scheme. For further details visit www.golfmark.org

Details of all venues offering coaching activities as part of the Club Coaching Grant scheme can be found on the Get into Golf website at www.getintogolf.org



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Feel Good Fridays at Tyntesfield

Fridays February 3 and 17 - running



Blow the cobwebs away with a morning run round the [Tyntesfield](#) Estate, enjoying the spectacular views and scenery along the way. The run will be roughly 30-40 minutes long, but can be lengthened or shortened to reflect the desires of those who come! Open to all abilities, from beginners to pros - no one will be left behind. Led by members of the Nailsea Running Club it costs £3 per person to include a well deserved hot drink from the Cow Barn restaurant afterwards. Call 01275 461 964 to register.

Friday, February 17 - orienteering

Families can make the most of half term and explore the estate together on a fun family orienteering event from 10am-1pm. Guided by expert coaches from the Bristol Orienteering Klub, learn the basic skills to read an orienteering map and navigate around a simple orienteering course in the woods at Tyntesfield. Adults £5, children £3, families of two adults and up to three children £14.50 or one adult and up to three children £9.50. This includes admission to the gardens. Booking essential on 0844 249 1895 or via the [Tyntesfield](#) website.

The Bristol Mile

The Sainsbury's Sport Relief Mile is back in Bristol. Event participants will enjoy the new picturesque route along the waterfront and around Queen Square, lined with a range of entertainment to help you reach your goal. Go the extra mile for Sport Relief and enter The Bristol Mile now!

Date: 25th March 2012 Event opens: 09:45 Event closes: 15:00

Millennium Square, Canons Way, Bristol, BS1 5DB

Prices £6 adult £3 child £15 family

Paying for your Mile helps to cover the cost of staging the event - so don't forget to use your Sport Relief Giving Page to get sponsored for taking part as well. The cash you raise will help people in desperate need across the UK and the world's poorest countries.

Facilities: Car parking, disabled parking, toilets, dogs allowed, wheelchair access - route and venue. For more information visit the [Sport Relief](#) website.



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Yoga in Weston

Anusara Yoga with Emma Gliddon



Mondays 6pm

St Josephs RC Church Hall,
Camp Road, Weston
BS23 2EN

Tuesdays 6pm

Corpus Christi RC Church Hall,
14 Ellenborough Park South,
Weston BS23 1XW

Relax and
Renew
reserve your
place now



mobile: 07884 434710
email: info@doyoga.co.uk
www.doyoga.co.uk



Emma is a member of
the Register of Exercise
Professionals

www.go4life.org

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Walking for Health – February



If you would like to take part in any of the health walks in North Somerset there is no need to book beforehand, just turn up on the day to participate. The walks are aimed at those wishing to participate in gentle exercise and vary in levels of difficulty.

| | | | |
|--------|---------|--------------------------------------|---------------|
| Thu 2 | 2pm | Meet at Strawberry Line A370 | Yatton |
| Mon 6 | 11am | Scotch Horn Leisure Centre, Brockway | Nailsea |
| Mon 6 | 11am | Clevedon - details to follow | Portishead |
| Mon 6 | 2pm | Opposite Matalan | Weston-s-Mare |
| Tue 7 | 10.30am | Bandstand, Seafront, Elton Road | Clevedon |
| Mon 13 | 11am | Scotch Horn Leisure Centre, Brockway | Nailsea |
| Mon 13 | 11am | The Café, Lake Grounds | Portishead |
| Mon 13 | 2pm | Worlebury Hill Road | Weston-s-Mare |
| Tue 14 | 11am | Woodborough Inn, Sandford Road | Winscombe |
| Thu 16 | 2pm | Ashton Court Visitor Centre car park | Yatton |
| Fri 17 | 10.30am | Bandstand, Seafront, Elton Road | Clevedon |
| Mon 20 | 11am | Scotch Horn Leisure Centre, Brockway | Nailsea |
| Mon 20 | 2pm | Weston Rugby Club, back of station | Weston-s-Mare |
| Mon 27 | 11am | To be confirmed | Nailsea |
| Mon 27 | 11am | The Café, Lake Grounds | Portishead |
| Mon 27 | 2pm | Uphill Way car park, Uphill | Weston-s-Mare |
| Tue 28 | 11am | Woodborough Inn, Sandford Road | Winscombe |

For more information call 01275 882 730 or email sport@n-somerset.gov.uk



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Activities at Weston College

Trampolining



Trampolining is fun for all abilities and is a great way of keeping fit. If you just want to bounce and make some shapes that's fine, but if you would like to take it more seriously, qualified coaches will be present to develop your ability onto somersaults and other challenging skills.

Trampolining is on Thursdays – 12–1.30pm and is for those aged 16 and above.

Yoga

Yoga sessions start on 20 February and will take place every Monday 5.30-6.30pm. The cost is £1 and the sessions are open to members of the public as well as students and staff at the college.

Gym Fusion

Gym Fusion classes are held on Wednesday afternoons from 3.30pm to 4.30pm. These sessions are open to members of the public as well as students and staff of the college and are for those aged 16 and above.

Zumba



Zumba classes fuse Latin rhythms and easy-to-follow dance steps combined with workout moves to create a unique fitness programme. The sessions are held on Thursday evenings from 5.30pm to 6.30pm. The cost is £1 and is open to members of the public as well as students and staff of the college.

For more information contact Sabrina Page on 01934 411 762 or email Sabrina sabrina.page@weston.ac.uk

Cardio Tennis

New cardio tennis sessions for adults are being launched at an Open Day at Nailsea School on Sunday 26 February, along with a coaching programme for juniors.



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The cardio tennis will take place on the tennis courts at Nailsea School on Sunday mornings 10-11am starting 4 March and on the outside courts at Gordano School on Saturday afternoons 1.30-2.30pm starting 3 March.

The cost is £5 per session initially on a pay and play basis until Easter, then on a termly basis.

For more information contact Matt Rogers on 07788 713 672 or email mattrogerstennis@sky.com

Your Personal Best

Your Personal Best is a national awareness campaign developed and funded by GSK, official laboratory services provider for London 2012, in association with NHS London. It aims to inspire the 7.78 million people over 55 with long term health conditions in the UK to lead a more active lifestyle.

Keeping active can be a challenge if you have a long term health condition, but it can make a significant difference to your health and wellbeing and may also ease your symptoms.

If you feel like your condition is holding you back from leading a more active lifestyle and you are over 55 years old, then the Your Personal Best campaign, inspired by the London 2012 Olympics and Paralympic Games, can help you with simple advice on how to become more active.

For more information visit the [Your Personal Best](#) website.

Recipe of the Month

Eating well can lead to higher energy levels, a healthy body weight, improved sleep and better concentration. It will also help protect you from illness, so overall you will feel better than if you chose an unbalanced diet.

Sweet and Sour Chicken

Serves 4 Prep time 20 minutes, cooking time 30 minutes

Ingredients

227g pineapple pieces in natural juice

1tbsp cornflour

2 tsp tomato puree

1 tsp reduced salt soy sauce

2 tsp vegetable oil



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300g skinless uncooked chicken (thigh or breast) cut into chunks
1 medium onion thinly sliced
1 pepper, any colour, deseeded and cut into chunks
3 celery sticks sliced
2 tomatoes sliced into wedges
1 pinch ground black pepper

Method

1. Drain the juice from the pineapple into a small bowl or jug. Cut the pineapple rings into chunks. Add the cornflour to the juice and stir until smooth, then mix in the tomato puree and soy sauce. Set to one side.
2. Heat the oil in a wok or very large frying pan. Add the chicken and stir fry over a high heat for 3-4 minutes.
3. Add the onion, pepper and celery to the wok or frying pan. Stir fry for another 3-4 minutes and then add the tomato wedges and pineapple.
4. Stir the pineapple juice mixture and add it to the wok, stirring until hot and thickened. Season with pepper and serve with 150g easy cook white or brown rice

Tip 1 – try making this recipe with turkey or lean pork instead of chicken.

Tip 2 – add extra vegetables to the stir fry or vary them to suit you. Try broccoli florets, red onion, sliced green beans and carrot strips for a change.

Please note that although North Somerset Council is seeking to encourage physical activity it does not take any responsibility for the individual activities in this newsletter. Please seek medical advice if you are at all unsure about starting any physical activity. We cannot accept any responsibility for any injury or health problems which may arise from taking part in physical activity.



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