

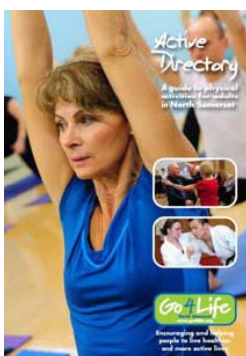
# move more monthly

Issue 27, August 2011

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](mailto:go4life@n-somerset.gov.uk) or by calling 01275 882 730. Visit the website for more information [www.go4life.org](http://www.go4life.org)

New Active Directory out now



The third edition of the Go4Life Active Directory is now available - full of fantastic ideas to encourage and help people to live healthier and more active lives.

The directory is the perfect guide for adults looking for physical activity sessions in North Somerset. It provides information on a wide range of activities to cater for the beginner, those returning to exercise and those who want to try something different in a fun and social environment.

Pick up a copy in your local library or leisure centre, or download a PDF version at [www.go4life.org](http://www.go4life.org)

Get fit with work colleagues this autumn

A range of organisations across North Somerset are benefiting from a North Somerset Council drive to promote healthy and active workplaces.

Now the search is on for more businesses to get involved in the autumn.

Funded by Sport England, the Council's Active Workplaces initiative helps workplaces to start an eight-week funded physical activity group of their choice.



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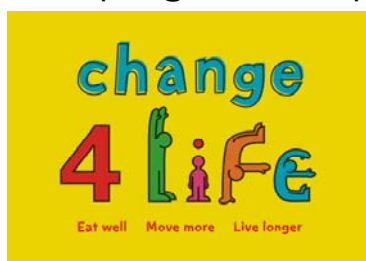
Among a range of organisations to engage in the scheme during 2011, numerous schools have gained funding and support to run fitness groups for staff.

Staff at Weston College started a line dancing group, Comet Customer Support Centre organised yoga sessions and North Somerset Council staff enjoyed fitness pilates.

Pilates instructor Corinne Mutlow commented: "The ActiveWorkplaces4Life scheme is a really good idea as it gives working people the chance to experience something they might otherwise not get around to doing – and they realise what a pleasurable and beneficial experience it can be."

If you would like more information on how to start an eight-week programme in your workplace please contact the Sport and Active Lifestyles team on 01275 882 734 or email [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk).

Campaign to keep kids active this summer



Change4Life has launched the really big summer adventure to inspire children and their families to eat more healthily and get their daily active 60 minutes over the summer holidays.

It's important that children try and do activities, like jumping, dancing and running that really get their hearts pumping every day. This makes them feel good and helps to strengthen their heart and bones, keeping them healthy in childhood and in later life.

Visit the [Change4Life](http://Change4Life) website for healthy lifestyle hints, tips and suggestions – and to use the fun generator for over a hundred great activities for kids.

Activities at Somerset Hall, Portishead  
Aerobics - Thursdays 10-11am and 7-8pm £4

Zumba - Thursdays 8-9pm £4

Avon Amateur Dancing Club (Ballroom and Latin) Tuesdays 7.30-10.30pm

For more information call 01275 848 059 or email [somerset.hall@n-somerset.gov.uk](mailto:somerset.hall@n-somerset.gov.uk)



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Start Active, Stay Active - New UK physical activity guidelines  
New physical activity guidelines have been published covering early years, children and young people, adults and older adults.

These guidelines have a renewed focus on being active everyday and spell out the recommended minimum levels of activity for each age group:

### **Under-fives**

180 minutes (three hours) each day, once a child is able to walk. For non-walkers physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments.

### **Children and young people (5-18 year olds)**

60 minutes and up to several hours every day of moderate to vigorous intensity physical activity. Three days a week should include vigorous intensity activities that strengthen muscle and bone.

### **Adults (19-64 years old) and older people (65+)**

150 minutes – (two and half hours) – each week of moderate to vigorous intensity physical activity (and adults should aim to do some physical activity every day). Muscle strengthening activity should also be included twice a week.

'Start Active, Stay Active' updates the existing guidelines for children, young people and adults, and includes for the first time in the UK, new guidelines for early years and older people. The flexibility of the guidelines creates new ways to achieve the health benefits of an active lifestyle, while retaining a strong link to previous recommendations.

For all age groups, they highlight the risks of excessive sedentary behaviour, which exist independently of any overall volume of physical activity.

To support these guidelines the Department of Health has produced a number of factsheets outlining the guidelines for each age group. For further information and to download the factsheets visit <http://www.bhfactive.org.uk/homepage-latest-news-item/75/index.html>



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## Outdoor Fitness Sessions

Sessions take place on Saturday mornings 8.30am - 9.30am, held at various locations in Clevedon. One off sessions cost £7 or a block of four sessions costs £20. For more information and to book your space contact Ian Eisentrager on 07771 880 580 or email [training@eisentragersgym.co.uk](mailto:training@eisentragersgym.co.uk). Personal training, fitness classes, adult and youth boxing are also available.

Yoga for Autumn 2011 from RaneFitness (within SweatFA)

### **Yoga for Kids free taster sessions**

Tues 16 August 10.30am, Yoga Bugs for ages 2-5

Thursday 18 August 11.30 Yoga for Kids ages 5-11

We can be flexible with the age ranges, it's just a guide!

### **Regular Yoga for Kids Classes start this Autumn**

Mondays 5 September 4pm Yoga for Kids ages 5-11

Tuesdays 6 September 10.30am Yoga Bugs for ages 2-5

We can be flexible with the age ranges, it's just a guide.

Older ones 12+ are always welcome to come to the adult class.

There will be no Adult Yoga in August, but we're taking bookings for September

Adult Classes start on Monday 5 September, 10.30am and 8pm, same charges as before with discounts for Ranefitness members

6 weeks 1.5 hours in the morning £30 or £35 non members

6 weeks 1 hour in the evening £24 or £30 non members

Drop in fees available

For more information call 01934 623 872 or 07884 434 710, email [info@doyoga.co.uk](mailto:info@doyoga.co.uk) or visit <http://www.doyoga.co.uk/>



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## Chew Valley Junior Badminton Club



Badminton coaching for children – Year 5 and above / adults welcome  
Mixed ability - beginners welcome  
Tuesdays 6-7pm at Chew Valley Leisure Centre, starts back 6 September 2011  
We have 2 level 1 coaches and 1 level 2 coaches (all county or ex-county players)

Come and have fun and learn new skills. For more information call Lynne Joyner on 01761 220174 or email [lynne@thejoyners.co.uk](mailto:lynne@thejoyners.co.uk)

## Yoga and Pilates in Uphill

Watch the sun go down in style! 45 minutes of stretching and toning, 15 minutes relaxation session followed by nibbles and a refreshing drink.

Wednesday 10 August and Wednesday 17 August at 7.30pm, £7 per session

You will be contacted one hour before the class if we need to cancel because of bad weather.

For more information call 07973 839453 or visit [www.fit-com.co.uk](http://www.fit-com.co.uk)

## Fitness and Dance Classes in Uphill

Pilates – Mondays 9.30-10.30am and Fridays 9.30-10.30am

Mini Movers and Groovers (18 months – four years) – Mondays 10.30-11.30am

Fitness and Fun for Babies and Mum – Fridays 10.30-11.30am

First session FREE.

Professionally qualified instructor.

For more information call 07973 839 453 or email [info@fit-com.co.uk](mailto:info@fit-com.co.uk)

## St Andrews Indoor Bowling Club



St Andrews Indoor Bowling Club in Weston Super Mare is looking to recruit new members. The club, the largest in Weston, has extensive car parking facilities and a modern lounge and bar for members. There is a busy and diverse social programme which includes coach tours, quiz nights, whist drives, a variety night and parties.



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There is a range of bowls events for ladies and men of all ages and abilities. For a free trial with coaching please call Brian Reeves on 813 804, Ken Uglow on 512 863 or Danny Favis on 517 259.

## Gold Challenge goes family friendly

Gold Challenge has launched a new range of challenges that allow families to harness the excitement around London 2012 by taking on Olympic & Paralympic sports to raise money for charity.



Gold Challenge is partnered with Sport England as part of *Places PeoplePlay*, the official mass participation legacy programme for London 2012. With a target of over 100,000 participants and £20million to

raise for its charity partners, Gold Challenge aims to be one of the most successful multi-sport charity fundraisers of all time.

The new family challenges offer plenty for those looking for sporty ways to fill the summer months. Families sign up for free and choose their challenge from a range of family friendly options. These include:

The five Sport Challenge where families and groups of young people take on five Olympic & Paralympic sports

The Family Activity Challenge which encourages families to learn Olympic sports together

The 2012 km Challenge where challengers must cover 2012 km (individually or collectively) in one of more of the Olympic & Paralympic sports.

Families can take part as a team made up of at least one adult (16+) and at least one child between the ages of seven and 15. Adults can be family members, carers or youth leaders. Anyone under 16 must receive parental permission to sign up to the Gold Challenge.

To find out more and sign up, visit <http://www.goldchallenge.org/>

Gold Challenge is a great way the way for the whole country to get involved and join in the excitement of London 2012. It challenges participants to take on Olympic and Paralympic sports to raise money for one of its 125 charity partners, including Cancer Research UK, NSPCC, Scope, Right to Play and Oxfam.



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Clevedon Golf Club is helping more people to GET INTO GOLF!!

Clevedon Golf Club in Walton St Mary is offering free golf coaching taster sessions for juniors aged 14 years and above on Saturday mornings during the summer holidays.

To find out further information on the above sessions and to book a lesson with a qualified PGA Coach please telephone Clevedon Golf Club on 01275 874 704

The above activities are offered as part of the English Golf Union (EGU) and English Women's Golf Association (EWGA) Club Coaching Grant scheme, which provides GolfMark (incorporating Clubmark) facilities with funding to support recruitment and retention activities for adults, young people and families. GolfMark is the EGU and EWGA's national scheme that identifies and recognises junior and beginner friendly golf facilities. For further details visit [www.golfmark.org](http://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](http://www.getintogolf.org)

The Somerset County Golf Partnership is also helping to develop golf within the county by offering sessions to increase participation and providing support to golf clubs, players, coaches and volunteers. For more information visit <http://www.somersetgolfpartnership.org.uk/>

Many golf clubs have been able to offer golf taster sessions and activities for a number of years through the support of the EGU and EWGA and have introduced thousands of beginners to golf and golf clubs. In 2009, over 41,000 participants (adults and juniors) attended one of the 519 golf clubs offering activities as part of this scheme. 2010/2011 participation figures will be available shortly.

The Club Coaching Grant scheme is one of several initiatives jointly provided by the EGU and EWGA via the England Golf Partnership's 'Whole Sport Plan' for golf and is an integral part of England Golf's vision to 'Grow the Game'.

For further information please call the EGU/EWGA Golf Development Team on 01526 354 500 or email: [development@englishgolfunion.org](mailto:development@englishgolfunion.org)



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## Guided Walk in North Somerset – Sunday 14 August

North Somerset Council Rangers have organised a guided walk in Weston Woods with talks along the route. So why not join them on the walk and explore the local area while keeping fit.



The walk has a charge of £3 per person and starts promptly at 2pm, lasting approximately two and a half hours. Please wear suitable footwear and clothing appropriate for weather conditions. Please do not bring dogs on the walks.

This is a stroll along the newly constructed path in Weston Woods that is not only a welcome alternative to the Toll Road for walkers, but also provides a fresh appreciation of the geology, archaeology and history of the woods.

Meet at the Water Tower in the centre of Weston Woods at the western end of Worlebury Hill Road, Weston-super-Mare. Steep gradients and rough ground.

### Walking for Health – August

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.

Tues 9	11am	Woodborough Inn, Sandford Rd	Winscombe
Mon 15	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 15	11am	Marina Healthcare Centre, Harbour Rd	Portishead
Mon 15	2pm	Opposite Matalan	Weston-s-Mare
Thur 18	2.15pm	Sand Bay/Sand Point, bus stop car park	Yatton
Fri 19	10.30am	Bandstand, Seafront, Elton Rd	Clevedon
Mon 22	11am	Portbury Wharf Nature Reserve	Nailsea
Mon 22	10.30am	Brackenwood Nurseries, Abbots Leigh	Portishead
Mon 22	2pm	Ashcombe Park Café	Weston-s-Mare
Tues 23	11am	Woodborough Inn, Sandford Rd	Winscombe
Mon 29	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 29		BANK HOLIDAY - NO WALK	Weston-s-Mare



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## 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.

### French Bread Pizza

Serves 4

#### Ingredients:-

Wholemeal French stick, cut in quarters and halved  
2 tablespoons chopped tomatoes  
40g mozzarella/cheddar cheese, grated  
4 mushrooms/peppers/red onion - finely sliced  
40g black olives, pitted

#### Equipment:-

Can opener, knife, chopping board, grater, bowl, baking tin, tablespoon

#### Method:-

1. Spread the bread with the tomatoes
2. Top with the cheese and a choice of your vegetable toppings
3. Toast under a hot grill or oven bake in a preheated oven 200°C for 10 minutes.

**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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