

# move more monthly

Issue 32, December 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)

## Santa Stroll!



Age UK Somerset are organising a fundraising Santa Stroll on The Grand Pier, Weston-super-Mare on Sunday 11 December 2011 at 11.30am.

This will be the first event of its kind in Weston-super-Mare and will be a great event for the whole family while at the same time raising funds for Age UK Somerset. It will be quite a sight to see The Grand Pier full of people dressed as Santa!

The stroll will involve a gentle walk around the pier and will be suitable for all ages and abilities.

The registration fee of £7.50 for adults and £3 for children less than 14 years includes a Santa suit for adults and reindeer antlers for children which are yours to keep. It also includes a drink and mince pie at the end.

For more information call 01823 345 610 or email [info@ageuksomerset.org.uk](mailto:info@ageuksomerset.org.uk)

## Get fit with the Olympics

With preparations for the London Games in full swing, now is an exciting time to get involved in sport and fitness.

'Get fit with the Olympics' on the NHS Choices website showcases many Olympic and Paralympic sports, from archery to wrestling, with information on their health benefits, how you can get involved locally and useful website links.



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You'll find many inspirational stories of how sport can change lives, from a London woman's first marathon experience to how table tennis gave Darius Knight the direction he needed to avoid a life on the streets.

If you're in a rut, you don't do enough exercise or you just want to become more active, find the sport that's right for you with the Olympics-inspired 'What's your sport?' tool. You can create your personal profile using tests to assess your personality, aptitude and reactions

For the first time, 60 Olympians and Paralympians, past and present, have been brought together to give their personal tips for health and fitness in 'Health tips from Olympic athletes'.

You can also download the 'NHS Choices fitness widget'. This small application sits on your desktop and gives you a daily suggestion to help you get active. It includes fitness ideas that you and the whole family can try.

For more information visit

<http://www.nhs.uk/Livewell/olympics/Pages/Kellyholmes.aspx>

## The Tyntesfield Run

Blow the cobwebs away with a morning run around 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 along! Open to all abilities, from beginners to pros – no-one will be left behind. Led by members of the Nailsea Running Club, £3 per person (includes a well deserved hot drink from the Cow Barn restaurant afterwards).

**Fridays 6 and 20 January 2012. Gates open 10am. Please meet in the Lower Courtyard at Home Farm.**

Booking is essential. Please wear clothing and footwear suitable for a woodland run. Accompanied children are welcome.

For more information and to book call Amy Underwood Thompson on 01275 461 964 or email [amy.underwoodthompson@nationaltrust.org.uk](mailto:amy.underwoodthompson@nationaltrust.org.uk)



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## Pilates in Backwell with Pattie Thornley

Pilates targets the deep postural muscles, building strength from the inside out and bringing the body into correct alignment. It also improves your posture, achieving the perfect balance between strength and flexibility.

Ongoing intermediate/advanced class: Thursdays 6-7.00pm, Red Cross Hall, West Town Road, Backwell, BS48 3HG.

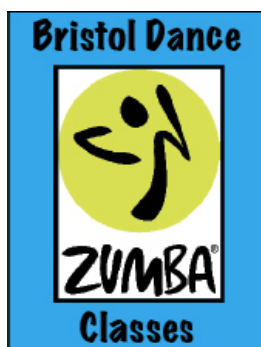
Not tried Pilates before? Contact Pattie for details of the next beginners' workshop.

Also Pilates for Skiers. The principles of Pilates work perfectly with the demands of skiing. Improve your ski posture, increase core stability, improve balance and co-ordination and so increase your confidence and thus your enjoyment when skiing.

For more information call Pattie Thornley on 01179 294 632 or [www.pattiespilates.co.uk](http://www.pattiespilates.co.uk) or email [pattie.thornley@virgin.net](mailto:pattie.thornley@virgin.net).

*Pattie is a BCP Matwork Master Teacher, member of the Body Control Pilates Association and member of the Register of Exercise Professionals (Level 4 Specialist in Back Care).*

Ditch the Workout and Join the Party!  
Yatton, Pill and Long Ashton



If you want to work out, love music and movement and like to have fun while you exercise, the Zumba could be for you. The classes are appropriate for men and women aged 14 years and above and no partner is required. You work out to your own level and add your own 'flavour'. It's not unusual to see 15 and 70 year olds exercising side by side and loving it. A great way to tire out your teens or de-stress yourself. Booking is highly recommended.

For more information, visit [www.bristoldancezumba.co.uk](http://www.bristoldancezumba.co.uk) email [bristoldancezumba@gmail.com](mailto:bristoldancezumba@gmail.com) or call 01179 634 104.



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## Pilates on the Stability Ball at Cowan House, Ellenborough Park North, Weston-super-Mare

Pilates on the Stability Ball class is a unique way to tone and condition the whole body. Using the principals of Pilates, the stability ball challenges balance and coordination enabling the body to strengthen and tone deep postural, core muscles. Come and learn the advantages of performing Pilates on the ball and learn the correct techniques and exercises. This class is suitable for all fitness abilities. Cost £7 per class, first class free!

Numbers are limited in each class to allow for more personal attention so to ensure your place please ring 01934 643 262. For more information visit [www.cowanhouse.co.uk](http://www.cowanhouse.co.uk) or Facebook.

## Exercising in Winter



Winter's darker and shorter days can be a turn-off when it comes to exercising. Don't be discouraged. There's no reason to hibernate and store away your fitness gear. Keep active through winter to boost your mood and keep in shape.

Exercise is an essential part of any healthy lifestyle, whatever the season and adults should aim to do a minimum of 150 minutes

of moderate-intensity aerobic activity every week.



Regular exercise will make you feel more energetic, which should make it a little easier to get out of your warm bed on cold, dark mornings.

For more information visit

<http://www.nhs.uk/livewell/fitness/pages/winterexercise.aspx>

If being outside when it's windy, raining or snowing is not for you, choose an indoor activity that you enjoy. The Go4Life Active Directory is the perfect guide to physical activity sessions in North Somerset. For more information visit <http://www.n-somerset.gov.uk/go4lifeactivedirectory>



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# Back to Sport 4 Life



Learn to play golf in a fun, social environment at Tickenham Golf Club, starting Wednesday 18 January 2012 from 7-8pm. The 10 week course, which would normally cost £110, is on offer at £87.50.

All instruction will be undertaken by a PGA Professional and the ten lessons cover putting, chipping, main swing, basic rules & etiquette and even playing a couple of holes on the golf course. All equipment from balls to golf clubs are provided free of charge and there is an opportunity to continue with the club after the 10 week programme. Why not get out into the fresh air and get active.

For more information and to reserve your place please telephone Tickenham Golf Club on 01275 856 626 or call into the club.

## All Stars Sports Club



All Stars Sports Club sessions are held every Monday (except Bank Holidays) 5-6pm at Hutton Moor Leisure Centre, Weston-super-Mare for all abilities aged 16+. This is an opportunity to get physically active in a fun social environment.

Various sports and activities are on offer each week so why not try out a new sport with a qualified community sports coach at £2 per session.



For more information contact Sport and Active Lifestyles on **01275 882 730** or email [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)



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## Walking for Health – December



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.

Thur 1	2pm	Grove Sports Centre, St Mary's Grove, Nailsea	Yatton
Mon 5	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 5	2pm	Locking, Coach House Inn	Weston-s-Mare
Tues 6	10.30am	Bandstand, Seafront, Elton Road	Clevedon
Mon 12	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 12	11am	The Café, Lake Grounds	Portishead
Mon 12	2pm	Princess Royal Square (opp. Grand Pier)	Weston-s-Mare
Tues 13	11am	Woodborough Inn, Sandford Road	Winscombe
Thur 15	2pm	Yatton Library, walk along Strawberry Line	Yatton
Fri 16	10.30am	Bandstand, Seafront, Elton Road	Clevedon
Mon 19	11am	To be confirmed	Nailsea
Mon 19	11am	Parish Wharf Leisure Centre, Harbour Rd	Portishead
Mon 19	2pm	Uphill Way car park, Uphill	Weston-s-Mare
Mon 26	11am	BANK HOLIDAY - No walk	Nailsea
Mon 26	2pm	BANK HOLIDAY - No walk	Weston-s-Mare
Tues 27	11am	Woodborough Inn, Sandford Road	Winscombe

For more information call 01275 882 730 or email [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)



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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.

### **Mushroom and Chickpea Curry**

Serves 4

#### Ingredients

1 medium onion, peeled and finely sliced  
250g mushrooms, wiped and cut into quarters  
2 x tablespoons any type of curry paste  
2 x tablespoons tomato puree  
1 x 400g can chickpeas – drained  
1 x 400ml can coconut milk  
A handful of fresh coriander or parsley, finely chopped (optional)

#### Equipment

Chopping board, knife, scales, can opener, saucepan, garlic press, wooden spoon, measuring jug, measuring spoons

#### Method

1. In a large saucepan heat the curry paste (if using a paste that has a high oil content) otherwise add 2 tablespoons of oil to pan and heat, then add the chopped onions and lightly fry for 2-3 minutes.
2. Next add the mushrooms, tomato puree and give a good stir.
3. Now add the chickpeas and coconut milk and simmer for 20 minutes.
4. Taste the curry to see if it needs any seasoning. If the curry sauce seems a little thick you can add 3-4 tablespoons of water to thin it.

To serve: Pile the chickpea and mushroom curry into a suitable serving dish and sprinkle with the coriander. Serve immediately with warm naan bread or rice.

**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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