

Get Active in North Somerset

Physical activities and healthy living



Online Active Directory

If you are looking to become more physically active but are not sure where to start, then the online directory has the answer! Visit www.n-somerset.gov.uk/activedirectory to find activities near you.

This online directory will provide you with lots of information on a wide range of physical activities to cater for beginners, those returning to exercise and those who want to try something different in a fun and social environment.

Also listed in the directory are the **Staying Steady exercise classes**, provided by Age UK, along with our list of **Inclusive Sport Clubs (Sportarray endorsed)**.

Health experts recommend adults take part in 150 minutes of moderate physical activity a week. Moderate means you breathe harder and your heart beats faster, but you're still able to talk throughout. Or 75 minutes of vigorous physical activity a week. Vigorous means you breathe much harder and your heart beats rapidly; it's difficult to talk. It is also recommended to build strength and improve balance on two days a week. There are also specific guidelines for other groups. Visit our blog for more information.

Health walks

We offer a programme of group walks, encouraging people of all ages and abilities to achieve a more active lifestyle.

Walks vary in duration from 30 minutes up to an hour, and take place in Clevedon, Long Ashton, Nailsea, Portishead, Weston, Winscombe, Worle and Yatton.

Health trainers

Health trainers can help you increase your physical activity levels as well as support you to make other lifestyle changes such as losing weight, eating more healthily, reducing alcohol consumption, and support to stop smoking.

To access this free service, you must be 18 years or over and living in North Somerset.

For more information, please call **01934 427 661**, or email health.trainers@n-somerset.gov.uk.

For more information about the programmes listed in this leaflet, please visit www.go4lifens.wordpress.com



Your 30 minutes, your way

Want to get active but don't know where to start? Pledge to become more active and find out lots of tips and tricks to build activity into your daily routine.



Get Active Pass

The Get Active Pass provides limited free and half price entry to specified activities at Scotch Horn, Hutton Moor, Strode, Backwell, Churchill and Parish Wharf leisure centres. Your doctor, practice nurse, or health trainer can refer you. Criteria applies.

Playing Out

A resident led activity that enables traditional street play for children, through temporary road closures at specified times, giving children a dedicated space and time to 'play out'. Make this happen in your street? Visit our blog for more information.

Sign up to our blog to receive the latest news and updates: www.go4lifens.wordpress.com

Like us on Facebook –  [Go4LifeNS](https://www.facebook.com/Go4LifeNS).
Follow us on twitter –  [NSHealthTrainer](https://twitter.com/NSHealthTrainer).

One You

Visit www.nhs.uk/oneyou to get a free personalised health score, when you complete the 'How Are You' quiz. You can also download the 'Active 10' app, which tracks your walking; and the 'Couch to 5k' app has been designed to get you running in just nine weeks.

This Girl Can

This Girl Can celebrates active women who are doing their thing no matter how they do it, how they look or how sweaty they get. Get inspired, visit www.thisgirlcan.co.uk

Parkrun and Junior Parkrun

Parkrun organise free, weekly, 5km timed runs. Junior parkrun is a series of 2km events for children aged between 4 and 14. They are safe and easy to take part in. To find your nearest Parkrun, visit: www.parkrun.org.uk

We Are Undefeatable

A campaign helping people with long term health conditions find ways to get active. For more information, visit www.weareundefeatable.co.uk.



This publication is available in large print, Braille or audio formats on request.

Help is also available for people who require council information in languages other than English.

Please contact Public Health (Physical Activity team) sport@n-somerset.gov.uk • **01275 882 730**

