

Physical activity benefits for adults and older adults

- BENEFITS HEALTH
- IMPROVES SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type II Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active

Sit Less

Build Strength

Improve Balance

VIGOROUS

MODERATE



MINUTES PER WEEK

75 OR **150**

VIGOROUS INTENSITY

(BREATHING FAST
DIFFICULTY TALKING)

MODERATE INTENSITY

(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME



2 DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually:
just 10 minutes at a time provides benefit.

MAKE A START TODAY: it's never too late!

There are lots of

FREE

Haringey
LONDON

and affordable ways to

GET FIT

in Haringey



Parks and Open Spaces

- Tennis, outdoor gyms, walking, jogging, ball courts, paddling pools, table tennis and much more.

www.haringey.gov.uk/leisure

Gardening and Green Gyms

www.haringey.gov.uk/tcv

Targeted Referral Programmes

- Talk to your GP about whether you qualify or not - GP Referral and Cardiac, Stroke and Cancer Rehabilitation.

0208 885 7307

afl@fusion-lifestyle.com



Free Guided Health Walks

- Variety of start times and places. Walks approximately 30 minutes of a fairly easy pace around your local area.

0208 885 7307

afl@fusion-lifestyle.com

Affordable Leisure Centres

- Discounts for Haringey residents aged 65+ including free access to facilities and activities Monday to Friday from 9 am to 5pm. Also free for registered carers accompanying the person they are caring for.

www.haringey.co.uk/leisure

BACK TO NETBALL

- Lots of affordable sessions around the borough - Call Sophie.

07872407213

sophie.johnson@englandnetball.co.uk

Dance, Exercise and Movement

www.haringey.gov.uk/dance-exercise-and-movement

Sport and Physical Activity Opportunities for People with Disabilities

- A variety of activities on offer from various organisations catering for different disabilities.

www.haringey.gov.uk/inclusion

Tennis

- Affordable coached session at Bruce Castle Park, Sunday: 10.30am to 12.30pm.
- Tennis for Free: coached session, Saturdays 11am to 1pm in Priory Park.
- Turn up and play for free in these parks: Priory Park, Stationers Park, Downhills Park, Down Lane Park, Chapmans Green.
- Haringey Adult Tennis League - www.localtennisleagues.com

'Your Pace No Race' and other Jogging Networks

- Your pace no race - every last Sunday of the month at Lordship Rec Eco Hub from 11am. (The race where no-one comes last!)
- Park Run - free timed 5K run every week at Finsbury Park and Alexandra Park.

www.parkrun.org.uk

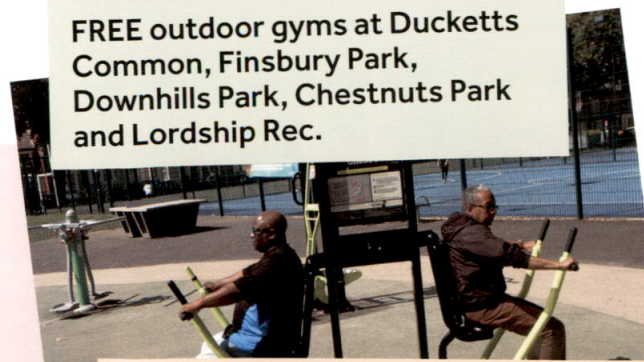
www.londonathletics.org/takepart

GoodGym

- You get fit and give something back to the community at the same time!
- Combines running, getting fit and volunteering within a 1.5 hour session. Meet every Wednesday at 6.45pm at Tottenham Green Pools and Fitness, N15 4AJ.

www.goodgym.org

FREE outdoor gyms at Ducketts Common, Finsbury Park, Downhills Park, Chestnuts Park and Lordship Rec.



Haringey Walks

- Join our campaign to promote Haringey as a walking friendly borough. Get involved and make your pledge to walk more in the borough and beyond.

www.haringey.gov.uk/haringeywalks

Shape Up With Spurs

- Free 10 week weight loss programme, try new sports, lose weight and get fit for free!

shapeup@tottenhamhotspur.com

Sport

- To find a sports opportunity near you, go to:

www.getactivelondon.com

Cycling Opportunities

- Book a free organised ride, free training, or onto a free cycle maintenance course to learn how to look after your bike. Check out free bike servicing with Dr. Bike.

www.haringey.gov.uk/smartertravel

Silver FIT

- Silver Fit provides fitness sessions for the over 45s. Sessions take place on Tuesdays at 10.30am at Lordship Rec, Lordship Lane N17. You can choose from yoga, badminton, cheerleading and walking.

www.silverfit.org.uk

Better with Age

(targeted at 50+ but no age restriction)

- Tottenham Green Pools and Fitness Centre, 1 Philip Lane, N15 4AJ - Friday's 9.30am to 12.30pm - Loads of activities (gym, swimming, badminton, aerobics, racketball etc) on offer for 1 price. Concessions prices available and Choice and 65+ members free. Free Refreshments.

One You Haringey

- One You Haringey provides a free lifestyle and wellbeing service that helps residents manage their weight, stop smoking, drink more moderately, become more physically active and have a health check up.

0208 885 9095

info@oneyouharingey.org

www.oneyouharingey.org



Need more information? Email: get.active@haringey.gov.uk