

Physical Activity Resources in Swindon



Recommendation: 150 minutes of moderate activity (raises heart rate) per week (e.g. 30 minutes, 5 days a week) or: 75 minutes of vigorous activity spread

Activity	About	When?	Where?	How?
Swindon Health Walks	Fourteen free weekly walks. Usually last 40-60 minutes, or the 'Gentle Walking Group' offer shorter walks up to 20 minutes and also offer a seated exercise session <u>which can be useful for people with certain disabilities.</u>	Monday to Friday	Various locations around Swindon	Visit: https://www.walkingforhealth.org.uk/walkfinder/south-west/swindon-health-walks Call 01793 465413 or email ESperring@swindon.gov.uk
Park Run	A free weekly timed 5km run	Saturday 9am	Lydiard Park	Visit: http://www.parkrun.org.uk/swindon and register before your first run and then turn up!
Shin splints	A free weekly running club who support those who want a gentle introduction to running	Wed 6:30pm Saturday 9am	Base point: Coate Water Car Park	Visit: http://gouldings.wixsite.com/swindon-shin-splints
Football Fans in Training	13 week weight management and lifestyle programme running weekly for men aged 35-65 years old with a BMI of >28 kg/m ² or a waist circumference of >38 inches. Training is by club community coaches and you will also receive a programme of advice on how to eat more healthily and become more active, including being given a pedometer to count the number of steps walked each day. Cost £5/ session.	2 programmes per year: Jan-April Sep-Dec Thursday 6.30-8.00pm	Legends Lounge, Country Ground	Email jon@stfc-fitc.co.uk with Football Fans in Training as the subject line, visit http://stfitc.co.uk/?p=5395 , or ring 01793 421303 (Swindon Town Football Club)
Cycling for health	Friendly, safe environment—cycle around the athletics track. No need to book—cost £3.15 for age 16+ or supervised children by prior arrangement	Monday 10-11am Thursday 1-2pm	County Ground Athletics Track	Contact Ros Hughes on 01793 464907 or email rhughes@swindon.gov.uk

The Live Well Hub is a one stop shop for Swindon residents to access a range of lifestyle programmes including stopping smoking, weight management, walking groups, cycling, supervised gym sessions, disability sport and other wellbeing support services. Individuals can self-referral to Live Well Swindon by contacting the Hub Contact: Tel 01793 465513 or email livewell@swindon.gov.uk



Activity	About	When?	Where?	How?
Hydrotherapy	Referral from GP/physiotherapist with suggested gentle exercises for unlimited sessions within a 3 month—1 year period (£6 a session). Hydrotherapy has been shown to have many health benefits and can be particularly helpful to those with physical disabilities.	Monday-Friday 3pm-6/8pm and weekends 9am-1pm	Thamesdown Hydrotherapy Pool, Stratten,	Ring 01793 496002 or visit www.thamesdownhydrotherapy.pool.com to download a referral form or see your GP/physiotherapist
Gentle Aqua Classes	More structured hydrotherapy class at the hydrotherapy pool for £3.15 a session, gentle exercise in water. You will need to be referred by a weight management group	Thursday 12-1pm	Hydrotherapy pool –Gorse Hill	Contact Ros Hughes on 01793 464907 for more details
Disability Sport Swindon	Exercise classes available for people with learning or physical disabilities including swimming, cycling, climbing, walking, tennis (cost: free to £3.50 a session. Visit the website for full timetable.	Throughout the week	Various Locations around Swindon	Visit www.disabilitysport.swindon.co.uk or contact Ben on 01793 465404 or email bhumphrey@swindon.gov.uk
Sport club for people with learning disabilities	Swindon Champions is a weekly multi-sport club, £1.50 a session	Thursdays 6:30–8pm	Dorcan Recreation Club	Visit www.disabilitysport.swindon.co.uk or contact Ben on 01793 465404
Group exercises arranged by the Swindon Health Improvement Team	Various group exercises Monday-Friday lasting an hour for all abilities/disabilities. Examples include cardio care (circuits at the Hayden Centre) exercise to music (for older adults), supervised gym session (referral required from a medical professional), chair-based exercises among many others. Costs £3-£3.15 a session.	Monday-Friday daytimes	Various locations including Hayden Centre, Ellendune Community Centre	For a timetable and more information contact Ros Hughes on 01793 464907 or email rhughes@swindon.gov.uk