**Local physical activity resources:**

1. **Dietbusters programme** Free 12 weeks of adult weight management programme for adults with diabetes meeting this inclusion criteria
   * + aged 16 years or over, and
     + have a body mass index (BMI) of 30 kg/m2 or greater or a waist circumference of 94cm or more in men or of 80cm or more in women, and
     + are ready to tackle their weight, and meet at least one of the following criteria:
     + have type II diabetes and /or are eligible for free prescriptions and/or have a mild learning disability and/or are on the mental health register and are able to attend groups and /or booked for elective hip or knee replacement surgery and BMI of 35 or more.
     + To refer email: Adultweightmanagement@swindon.gov.uk; Tel: 01793 464904; 07342 024126.
2. **Swindon Health Walks** ([www.walkingforhealth.org.uk/walkfinder/south-west/swindon-health-walks](http://www.walkingforhealth.org.uk/walkfinder/south-west/swindon-health-walks)). Includes 14 free weekly walks, including three groups offering a weekly 20 minute gentle walk and one incorporating gentle seated exercises. The seated exercises can be used for people with certain disabilities. Contact: Emma Sperring; tel. 01793 465413; email ESperring@swindon.gov.uk .
3. **Park run**, a free weekly 5km timed run- [www.parkrun.org.uk/swindon/](http://www.parkrun.org.uk/swindon/)
4. **Shin Splints** a free weekly running club who support those who want a gentle introduction to running- <http://gouldings.wix.com/swindon-shin-splints>
5. **Cycling-Learn to Ride**. Free spaces available on weekly sessions at County Ground Athletics Track, including for people with disabilities. Several different types of adaptive bikes are available. Most bikes can switch from free-wheel to fixed wheel systems; this means that users who have difficulty pulling pedals upwards or completing full circles can be aided by continuous turning and momentum. Contact: Ben Humphrey on 01793 465404 or email [bhumphrey@swindon.gov.uk](mailto:bhumphrey@swindon.gov.uk) or contact referral to lifestyle service - see information on this sheet.
6. **Disability sport**- provides a range of sporting opportunities for people with learning and/ or physical disabilities. Contact Ben Humphrey- see above point. <http://www.disabilitysportswindon.co.uk>
7. **Football Fans in Training**- for men aged 35–65 years with a BMI of ≥ 28 kg/m2 or a waist circumference of 38 inches or more. This costs £5/ session- <http://stfitc.co.uk/?p=5395>

**On-line recourses:**

1. **Swindon travel choices** ([www.swindontravelchoices.co.uk/](http://www.swindontravelchoices.co.uk/)) offer a comprehensive range of information on walking and cycling in Swindon, including a walking journey planner, a Swindon cycle map and ideas for local, circular walks.
2. **NHS choices** ([www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx](http://www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx)) includes information on getting fitter, including home exercise workouts, podcasts to increase flexibility or to help you to start running (from couch to 5K).
3. **Swindon diabetes website** ([www.swindondiabetes.co.uk/diabetes-care-swindon/services/physical-activity-services/](http://www.swindondiabetes.co.uk/diabetes-care-swindon/services/physical-activity-services/)) has local physical activity information.
4. **The Mental Health Foundation** offers a range of free wellbeing audio podcasts, which include physical activity - [www.mentalhealth.org.uk/help-information/podcasts/](http://www.mentalhealth.org.uk/help-information/podcasts/)

**References**

Public Health England. Everybody active, every day: An evidence-based approach to physical activity. London, 2014. Available from -[www.gov.uk/government/publications/everybody-active-every-day-a-framework-to-embed-physical-activity-into-daily-life](http://www.gov.uk/government/publications/everybody-active-every-day-a-framework-to-embed-physical-activity-into-daily-life)

**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 or livewellswindon@nhs.net

**General guidance**

1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2.5 hours) of activity that raises the heart rate (moderate intensity) in bouts of ten minutes or more – one way to approach this is to do 30 minutes on at least five days a week. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous intensity activity.
2. It is advised that people not used to activity gradually build up their levels, starting with 10 minutes activity blocks.
3. People taking insulin who are greatly increasing their activity levels are advised to discuss this with their diabetes specialist nurse or GP as they may need to adjust their insulin dose and/ or carbohydrate intake.
4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

**Swindon physical activity guidance**