

## Swindon physical activity guidance

**The Live Well Hub** is a one stop shop for Swindon residents to access a range of lifestyle programmes including 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](mailto:livewell@swindon.gov.uk) or [livewellswindon@nhs.net](mailto: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.

### 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)

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### Local physical activity resources- many of these have a cost:

1. **Walking:** Step Out Swindon, 9 volunteer led walks/ week, including one gentle 30 minute walk. Contact: Grahame Lee, Volunteer Scheme Co-ordinator- 07932 109209; [gcleecplee@btinternet.com](mailto:gcleecplee@btinternet.com); [www.walkingforhealth.org.uk/walkfinder/step-out-swindon](http://www.walkingforhealth.org.uk/walkfinder/step-out-swindon)
2. **Park run**, a free weekly 5km timed run- [www.parkrun.org.uk/swindon/](http://www.parkrun.org.uk/swindon/)
3. **Shin Splints** a free weekly running club who support those who want a gentle introduction to running- <http://gouldings.wix.com/swindon-shin-splints>
4. **Cycling for health.** Free weekly sessions at County Ground Athletics Track, including for people with disabilities. Different types of adaptive bikes are available. Contact: Contact Lewis Bird on 07976 909660/ email- [lbird@swindon.gov.uk](mailto:lbird@swindon.gov.uk).
5. **Disability sport**- provides a range of sporting opportunities for people with learning and/ or physical disabilities. Contact Ben Humphrey- see above. [www.disabilitysportswindon.co.uk](http://www.disabilitysportswindon.co.uk)
6. **Football Fans in Training**- for men and women aged 35–65 years with a BMI of  $\geq 28$  kg/m<sup>2</sup> or a waist circumference of 38 inches or more. £5/ session- <http://stfitec.co.uk/?p=5395>.
7. **Walking Netball** is a slowed down version of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment (cost involved). Contact Maureen Squires on 01793423134 or email [Maureen.Squires@GLL.org](mailto:Maureen.Squires@GLL.org).
8. **Strength and Balance for Older Adults (Otago):** An exercise programme to improve strength, balance and mobility. Cost -£3 per session. For further information contact Live Well Swindon- see details in the opposite column.

### On-line resources:

1. **Swindon travel choices** ([www.swindontravelchoices.co.uk/](http://www.swindontravelchoices.co.uk/)) - 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. **Walking apps and pedometers**- a fun way to increase your walking is to get a smartphone app (many are free) or pedometer to track your steps and then try to increase them on a weekly basis. If you are fairly inactive a good starting app is the free Public Health England **Active 10 app**- [www.nhs.uk/oneyou/active10/home#JB8wVi93wosAauPv.97](http://www.nhs.uk/oneyou/active10/home#JB8wVi93wosAauPv.97)
4. **Virtual online challenges**- there are many choices online. Good options are [www.raceatyourpace.co.uk/](http://www.raceatyourpace.co.uk/) ((has a cost, but you get medals) and <https://worldwalking.org/about> (this is free).
5. **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.
6. **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/)