



Patient Participation Group Leaflet

Active Steps to Fitness

Bell Surgery, Henley –on-Thames

Your doctor can recommend the best type and amount of activity that is safe and right for you. Consult your doctor first for advice if you:

♥ have coronary heart disease ♥ have high blood pressure or diabetes ♥ sometimes feel pain in your chest when exercising or under stress .

The Patient Participation Group (PPG) at Bell Surgery has developed this leaflet with contact numbers and short details of activities that take place in Henley and the surrounding areas. **The PPG makes no recommendations concerning the suitability of these activities and suggest that you ensure that all instructors are fully qualified and insured and take account of your abilities to undertake exercise. This is especially important for privately run classes.**

By being active you will:

♥ help your **heart** pump more efficiently ♥ help to lower and maintain healthy **cholesterol** levels ♥ keep your **blood pressure** within a healthy range ♥ improve your blood **circulation** ♥ help prevent your heart's **arteries** from 'furring up' ♥ lose any excess weight more easily and maintain the **weight loss** ♥ help reduce **body fat** content, including abdominal fat ♥ help manage **diabetes** ♥ reduce your **risk** of having a heart attack and stroke ♥ strengthen your **bones** and **muscles** ♥ have more **energy** and aid your **balance** ♥ feel **happier**, feel less stressed and be able to relax more easily.

Never underestimate the importance of being active. People who are physically active are far less likely to suffer from heart disease.

Forget your past exercise history, it is what you do now that counts. Heart Research UK recommends a physically active lifestyle that can reap massive benefits.

Your heart is a muscle and it needs you to take regular exercise at moderate intensity, so that your heart beats a little faster and you feel a little out of breath but still able to hold a conversation.

How much?

30 minutes a day for adults and 1 hour a day for children at least 5 times a week



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You don't have to do it all in one go

The great news for those of us who aren't born athletes is that the 30 minutes can be split into shorter sessions to fit in with your daily routine. Two active sessions of 15 minutes or 3 sessions of 10 minutes each day are just as beneficial for our hearts. If you're so busy you can only spare 10 minutes then don't sit still, do something. Any activity is better than nothing e.g. stairs rather than using a lift, and if you are already active, you can reap extra benefits from being even more active. Build up slowly and remember to warm up and cool down, which is important even if you are taking a gentle walk.

Enjoy it

Most children will say that running around and exercising makes them tired but it also makes them feel happy. As adults, we forget about the buzz that comes with being active, so get exercising and release those 'feel good' endorphins

Do what you enjoy. That way you are more likely to keep doing it. There are so many opportunities out there to cater for all tastes and fitness levels. You could join a club or a group, try something new and involve your friends, family or a training partner – This leaflet gives you an idea of the range of activities in Henley and the surrounding area but there will be others we do not know about. Really it is about keeping active and having fun doing your physical activities.

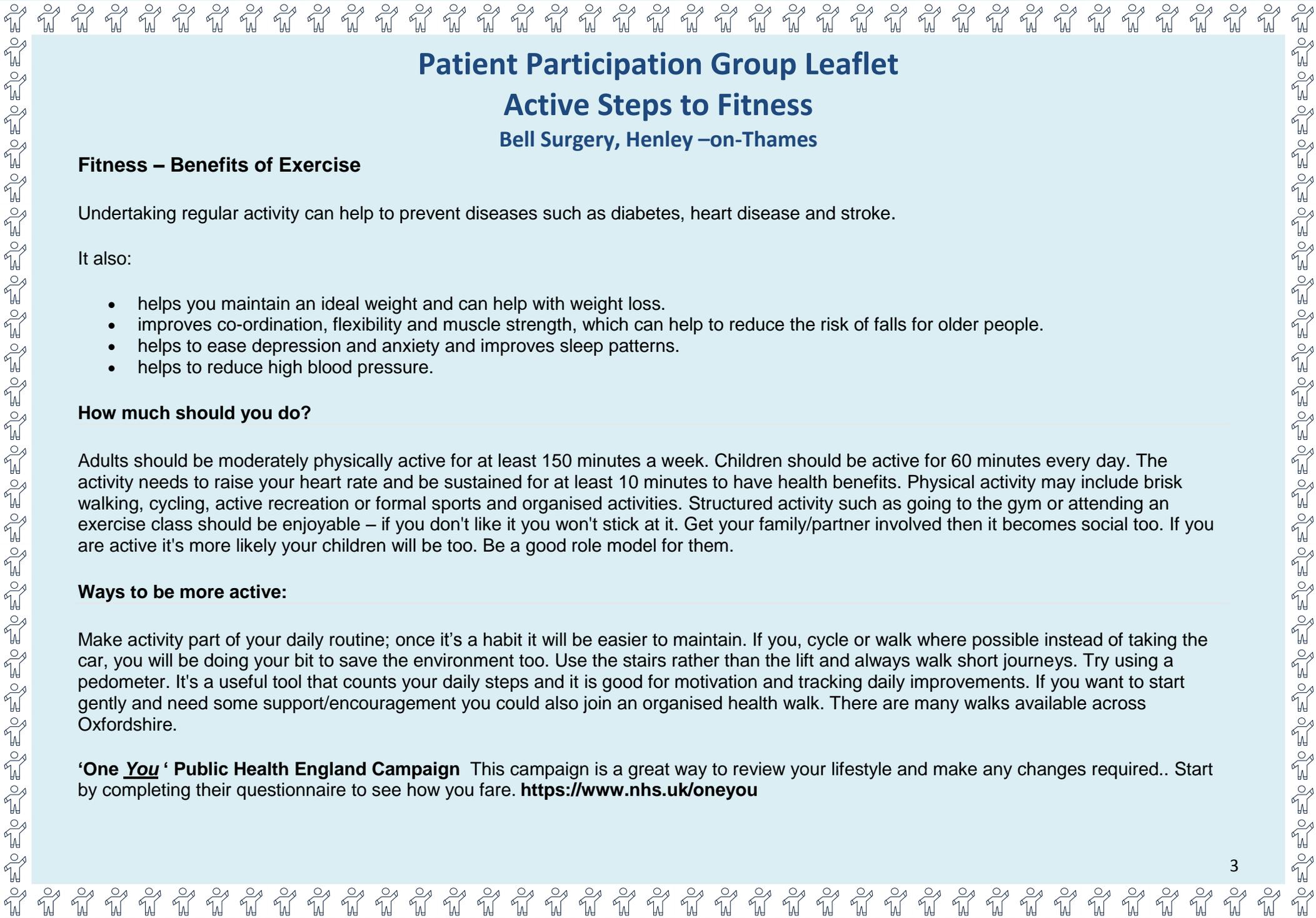
Heart Research UK has a leaflet to download at

<http://heartresearch.org.uk/heart/exercise-leaflet>

NHS Choose Well -

This site lists the NHS recommendations for physical activities for adults 19-64, children and older people. They recommend the balance between strength exercises and aerobic activity and the types of activity that are recommended. The web site has a great deal of useful advice and guidance.

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>



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Fitness – Benefits of Exercise

Undertaking regular activity can help to prevent diseases such as diabetes, heart disease and stroke.

It also:

- helps you maintain an ideal weight and can help with weight loss.
- improves co-ordination, flexibility and muscle strength, which can help to reduce the risk of falls for older people.
- helps to ease depression and anxiety and improves sleep patterns.
- helps to reduce high blood pressure.

How much should you do?

Adults should be moderately physically active for at least 150 minutes a week. Children should be active for 60 minutes every day. The activity needs to raise your heart rate and be sustained for at least 10 minutes to have health benefits. Physical activity may include brisk walking, cycling, active recreation or formal sports and organised activities. Structured activity such as going to the gym or attending an exercise class should be enjoyable – if you don't like it you won't stick at it. Get your family/partner involved then it becomes social too. If you are active it's more likely your children will be too. Be a good role model for them.

Ways to be more active:

Make activity part of your daily routine; once it's a habit it will be easier to maintain. If you, cycle or walk where possible instead of taking the car, you will be doing your bit to save the environment too. Use the stairs rather than the lift and always walk short journeys. Try using a pedometer. It's a useful tool that counts your daily steps and it is good for motivation and tracking daily improvements. If you want to start gently and need some support/encouragement you could also join an organised health walk. There are many walks available across Oxfordshire.

'One You ' Public Health England Campaign This campaign is a great way to review your lifestyle and make any changes required.. Start by completing their questionnaire to see how you fare. <https://www.nhs.uk/oneyou>

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HENLEY AND SURROUNDING AREA ACTIVITY LIST

Type of activity	Description	Contact details
<p>Walking</p>   	<p>Walking makes you happy and keeps you healthy. Over 70,000 people walk with the Ramblers Association in the UK. There are many beautiful areas in Henley and surrounding areas for organised walks or just for enjoying a walk along the tow path. It is free to walk and enjoy the fresh air and it is an enjoyable way to increase fitness. Others enjoy the social aspect of joining a group and walking in areas with a walk leader such as the Henley and Goring Ramblers and Sonning Common Health Walks set up by a GP to improve fitness both in mind and body. Walks are of varying lengths and difficulty and many of the groups have social programmes.</p> <p>The Chiltern Society They organise a full programme of walks throughout the year, which is designed to improve both physical and mental health, as well as boost community spirit and involvement. They encourage anyone to join any of their half-day walks, occasional longer walks, special interest walks – about archaeology or wild flowers for example – or their special Christmas walk, which is followed by a pub lunch.</p>	<p>Henley and Goring Ramblers Contact www.ramblers-oxon.org.uk; Membership Secretary Gill Heaven gill@heaven.waitrose.com Peter Stone petercstone99@aol.com</p> <p>Sonning Common Health Walks Contact: Colin Davies via form on www.sonningcommonhealthwalks.co.uk</p> <p>Chiltern Society Contact office - 01494771250</p>

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Indoor swimming



Swimming is great at any age. Whether you want to improve your technique, get fit, meet new friends, compete or have fun, there will be a pool session to suit. The pool is 25 metres long, with 4 lanes and a changing village located next to the pool side. Review the timetable on line to find a session or pick up a timetable from reception. Swim fit sessions are laned pool sessions with options of slow, medium and fast pace. Use of paddles and soft rubber fins is permitted. They are aimed at the age group 16 +. However under 16s can use the pool session if they are strong swimmers wishing to swim lengths in support of club or competition swimming. Swim for all sessions are general swimming sessions for use by anyone regardless of age or swimming ability. The swim safely and pool rules apply to all sessions. Aqua Classes are available.

Better Leisure, Gillotts Lane, Henley on Thames
RG9 1PA. Tel :01491 577 909

Enquires :

www.better.org.uk/venues/henley-leisure-centre

Other pools are in Reading and Maidenhead town centres.

Pilates



Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness. Pilates exercises are done on a mat or using special equipment. It is good for people of all ages and levels of ability and fitness, from beginners to elite athletes. The apparatus can provide support for beginners and people with certain medical conditions, as well as resistance for people looking to challenge their body.

There are various levels of exercise and it is essential to attend a class which is right for your needs.

Pilates ABC

Contact: alyth@pilatesabc.co.uk; 07521 699265

www.pilatesabc.co.uk

Studio One

At Nettlebed

Contact: Sarah Palmer: sarah@classicpilates.co.uk

Tel: 01491641772

Pilates4me

At Sonning

Contact: 0118 944 8257

Pilates with Gylly

At Wargrave Studio

Contact: 07710 417486

www.pilateswithgylly.co.uk

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Better Leisure, Gillotts Lane, Henley on Thames
RG9 1PA. Tel :01491 577 909
Enquires : www.better.org.uk/venues/henley-leisure-centre

Diana Lazzaro APPI trained, Physiotherapist
(classes at Christchurch , Henley)
email [.physio@mail.com](mailto:physio@mail.com) / text 0787 568 2797
Alyth@pilatesabc.co.uk
Tel : 075216992565

PureStretch Studio, 45 Market Place, Henley-on-Thames, RG9 2AA
www.purestretch.co.uk – tel 01491 577107

Yoga



Yoga is an ancient form of exercise that aims to boost physical and mental wellbeing through postures (series of movements designed to increase strength and flexibility) and breathing. Most studies suggest yoga is a safe and effective way to increase physical activity. There's some evidence that regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains – including lower back pain, depression and stress. There are different types of yoga. Some, such as Iyengar yoga, aim at structural alignment through correct positioning, others involve more continuous movement

Yoga Central Plus At 1-3 Greys Road, Henley
Contact: 01491 414067;
www.yogacentralplus.com;

YogaHenley At Henley Cricket Club Pavilion,
Henley YMCA
Contact: Tina at www.yogahenley.co.uk;
0770 319 0523

Better Leisure, Gillotts Lane, Henley on Thames
RG9 1PA. Tel :01491 577 909

Enquires : www.better.org.uk/venues/henley-leisure-centre

The Henley Yoga Studio

2a Friday Street, Henley
Contact : Carlin Clarke – 07860266240
Mail : carlin.clarke@aol.co.uk

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Keep Fit Association



Berkshire and Oxfordshire KFA provides **fitness through exercise, movement and dance** in a friendly and fun atmosphere. Join a class and Improve your health and wellbeing. Their teachers are all qualified and trained to a high standard; do not compromise on safety; come from all walks of life including ex-professional dancers and carers. Because of this, they are able to provide classes throughout the area, each with its own unique style. Some classes are chair based and specifically for older people. Day and evening classes are provided. The choreography, friendly support and atmosphere in a KFA class are the keys to a lifelong commitment to your own wellbeing.

Contact : Janet Waters , class teacher Twyford
Mail : jwatersassociates@btinternet.com or call 07730468561
<http://www.berkskfa.org.uk> or www.oxonkfa.org.uk

Zumba



Classes mix low-intensity and high-intensity moves and combine into Latin dance routines. These dance classes are fun; the movements can tone the body without you realising that you are exercising! There are different types of Zumba classes and for the over 50s Zumba Gold has been created.

Classes take place in Henley at the Christchurch Centre in the Reading Road and Harspden Hall; also at Sonning Common Primary School and Medmenham. Details on www.zumba.com, putting 'Henley' in the search engine.

Latin Dance



Dance and movement is an excellent way to increase fitness, mobility, stamina, flexibility and to keep active in a fun and creative way. Teachers develop routines to upbeat Latin music and create a fun atmosphere to develop dance movements to suit all age groups. Classes are held in a modern dance studio in groups of up to 18.

Better Leisure, Gillotts Lane, Henley on Thames RG9 1PA. Tel :01491 577 909
Enquires : www.better.org.uk/venues/henley-leisure-centre

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Go Active Gold



It aims to support older people in rural communities to have more active and social lifestyles, creating closer and healthier communities. The aim is to increase participation in sport and physical activity in the over 60s in rural districts in our area. Rural activators will set up classes such as Nordic walking, Tai chi, Yoga, Pilates, golf and bowls. Go Active offers activities for all age groups across Oxfordshire.

Call **Go Active Gold** :01235 540367
Mail : participation@southvale.gov.uk
Contact Go Active
<http://www.getoxfordshireactive.org/signup>

Generation Games



This organisation offers a range of advice on their website . They work in association with Age Uk, Oxford Health. The site has advice to link exercise with general wellbeing, cancer, diabetes, mental health, hypertension , falls etc. They also organise activities and classes in the locality including a new dance class for people living with dementia in Henley at the Christchurch Centre. Age Concern offer seated classes.

Generation Games

<https://generationgames.org.uk/health>
Tel:01235 849403
Info on new class: generationgames.org.uk in partnership with www.creativedementia.org
Age concern. Tel : 01235849403

Tap Dancing



Our adult tap and dance classes are very popular and have been running for over 15 years in Henley. Teaching the adult classes is Ann Burley. The groups meet weekly during term time and work towards new routines and learn lots of new steps and combinations. At the end of the Summer and Winter Term all the groups get together and showcase their work. It is a lovely environment, fun and very friendly.

Contact Stage Works

<http://www.stageworks.org.uk/adultclasses.html>
Contact enquiries@stageworks.org.uk or call **01491 877205** for any further information or to come and have a free trial

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Line Dancing



Modern line dance clubs teach to music from all genres to all styles of music, including soul, rock or pop, Latin music, Irish, salsa, and big band music as well as country and western. It's easy for beginners to learn and offers more energetic and complex routines for the more experienced. From the first lesson beginners will be able to enjoy dancing to a whole range of line dance routines. Line dancing is a social exercise activity.

Crystal Steps – classes at Twyford, Kidmore End and Woodley

<http://www.crystalsteps.co.uk/Classes>

Ted and Diane Moore :Tel 0118 940 4408

General Fitness Bowls



Bowling either outdoors (in the summer) or indoor is a social sport activity that helps general wellbeing and fitness. New members of club such as Henley – on – Thames (situated at Mill Meadows) or Shiplake are welcome and will be able to access coaching to learn the skill of bowling. Clubs are for men and women and all ages – they all welcome new members and invited anyone interested to go and find out more about the activity.

Henley-on-Thames Bowls Club

Contact Sally Daniells, Chairman

Tel: 01491574781

Shiplake Bowls Club

Phone 0118 947 0535 or 0118 940 2040

www.bowlsshiplake.com

The Exercise and fitness scene is constantly changing, particularly with new classes and activities starting up, so we welcome help in keeping this updated. This is not an exhaustive list and we are not recommending one type of activity or class above another.

Please contact Janet Waters, Chair, PPG on jwatersassociates@btinternet.com or the Practice Manager, Louise West at the surgery with any additional information.

Produced by the Patient Participation Group, June 2016 and revised January 2018.