



**WOKINGHAM
BOROUGH COUNCIL**



Living Well in Wokingham

News from Public Health & Leisure
Spring 2017

Spring is a wonderful time to look to enjoy new activities and meet new people. We are delighted to be able to offer carers a range of activities to help boost wellbeing and energy levels. We are sure that the challenges of winter are behind you and our physical health and mental wellbeing allows us to deal with adversity and the endless obstacles that end up in our way.

Regular exercise and activity helps greatly with our overall health and wellbeing. In this newsletter, we are excited to offer up a number of opportunities for carers and the people you care for to join in with a physical activity group. The Walking for health programme is wonderful way to help give you the health benefits that will melt away stresses and tensions. We have details of where you can get involved.

The Sports & Leisure team also have a number of class based activities where carers and the people they care for can attend and become more active.

We hope you enjoy the newsletter.

For further information on any of the activities mentioned in the newsletter please contact the Sports & Leisure Team on the telephone number or email below.



Sports & Leisure

» Phone: 0118 974 3728 Email: sport@wokingham.gov.uk

www.wokingham.gov.uk



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Physical Activities & Leisure

Walking for Health is a FREE walking programme across the borough. There are a host of short 'strolls' and longer walks to help you enjoy the fresh air, exercise and meet new people. The programme runs borough wide and there is no need to book.

The **Dementia Friendly Physical Activity** sessions are designed to assist people living with dementia and their carers to become more physically active.

Sessions include a fall prevention classes and a 'Movement to Music' class. The sessions are delivered by a qualified and caring instructor.

If you are over 60, the **SHINE (Some Health Improvement Needs Exercise) Physical Activity Programme** is a great way to help you become more physically active. From Aquacise to Zumba, there is something for everyone.

Registered carers can receive a discounted membership card to join in with the sessions.

1Life Leisure Centres are a great place to get fit and stay healthy.

There are 4 sites across the borough with St Crispins and Carnival Pool in Wokingham, Bulmershe Leisure centre in Woodley & Loddon Valley Leisure Centre in Lower Earley.

Check out their website www.1life.co.uk for more information on how to join.

For people 16 to 59, the **Wokingham Active Adults programme** is a fantastic way to get fit and have fun. All our sessions cater for newbies and we are offering attractive discounts for all carers. The take place at various times of the day and you can work at your own pace. Sessions include Aerobics, Boxercise and Kettlercise.

Wokingham Borough Council host a number of sports activities for people experiencing mental health conditions. Sessions include health walks, badminton, football, table tennis, circuits and yoga. Sessions are coach led and assisted by engaging volunteers.

The **WAN (Wokingham Adults and Children with Additional Needs) programme** offers up sport and physical activity sessions in a safe and relaxed environment for both children and adults with additional needs. Carers are welcome to attend and take some time to socialise and enjoy watching the activities.

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Spotlight On.... Health Walks



Why is Walking Good for Me?

It is **good** for bones and improves the body's cardiovascular system. It also helps boost circulation. 'Power-walking' - keeping a brisk pace at moderate to high intensity - can burn the same amount of calories as jogging or running. So it is useful for helping with weight loss. It is also a great social way to exercise as you can walk and meet and talk with people who are also on the walk. You can also gain a great deal from a 20 minute stroll.

Walking with health conditions

If you have problems with your health, or the person you care for has problems, it can be hard to stay active. But walking could make all the difference.

It's a low impact exercise, so it's easy for you to get involved– even if you're not feeling your best. In fact, walking could help you feel great!

Wokingham Borough Council hosts over 18 walks led by trained Walk leaders who will help make your walking experience enjoyable and beneficial.

Joining one of our walks could help you and the person you care for feel more confident about taking the first steps to a active lifestyle.

For more information contact Healthwalks on 0118 974 3728 or email Healthwalks@wokingham.gov.uk

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