**HART SURGERY PATIENT LEAFLET**

**Active Steps to Fitness**

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 .

This leaflet outlines with contact numbers and short details of activities that take place in Henley and the surrounding areas. **The Hart Surgery 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**

**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.

[https://www.nhs.uk/live-well/exercise//](https://www.nhs.uk/live-well/exercise/)

**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**

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| Type of activity | Description | Contact details |

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| Walking | Walking makes you happy and keeps you healthy.  We 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.  Walking for Health organise a regular walking group each Tuesday at from 12.00 to 12.30 starting at Henley Townhall.    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. | Walking for Health  Contact <https://www.walkingforhealth.org.uk/walk/>  <mailto:hendriette.knowds@southandvale.gov.uk>  Henley and Goring Ramblers  Contact [www.ramblers-oxon.org.uk;](http://www.ramblers-oxon.org.uk;)  Membership Secretary Gill Heaven  gill@heaven.waitrose.com  Peter Stone [petercstone99@aol.com](mailto:petercstone99@aol.com)  Sonning Common Health Walks  Contact: Colin Davies via form on [www.sonningcommonhealthwalks.co.uk](http://www.sonningcommonhealthwalks.co.uk)  Chiltern Society  Contact office - 01494771250 |

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| Indoor swimming  C:\Users\Janet\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FDH0Y3WL\120px-Natation[1].jpg | 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](http://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](http://pilates.about.com/od/historyofpilates/a/JPilates.htm), which emphasizes the balanced development of the body through [core strength](http://pilates.about.com/od/pilatesterms/g/CoreStrength.htm), 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;](mailto:alyth@pilatesabc.co.uk;) 07521 699265  www.pilatesabc.co.uk  **Studio One**  At Nettlebed  Contact: Sarah Palmer: [sarah@classicpilates.co.uk](mailto:sarah@classicpilates.co.uk)  Tel: 01491641772  **Pilates4me** [**https://www.pilates4me.co.uk/**](https://www.pilates4me.co.uk/)  At Sonning  Contact: 0118 944 8257  **Pilates with Gylly** [**www.pilateswithgylly.co.uk**](http://www.pilateswithgylly.co.uk)  **At Wargrave Studio**  Contact: 07710 417486  **Better Leisure,** Gillotts Lane, Henley on Thames RG9 1PA. Tel :01491 577 909  Enquires : [www.better.org.uk/venues/henley-leisure-centre](http://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](mailto:Alyth@pilatesabc.co.uk)  Tel : 075216992565  **PureStretch Studio,** 45 Market Place, Henley-on-Thames, RG9 2AA  [www.purestretch.co.uk](http://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;](http://www.yogacentralplus.com;)  **YogaHenley** At Henley Cricket Club Pavilion, Henley YMCA  Contact: Tina at [www.yogahenley.co.uk](http://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](http://www.better.org.uk/venues/henley-leisure-centre)  **The Henley Yoga Studio**  2a Friday Street, Henley  Contact : Carlin Clarke – 07860266240  <mailto:carlin.clarke@aol.co.uk> | |
| 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](http://www.berkskfa.org.uk/become_a_teacher.html)  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](http://www.berkskfa.org.uk/find_a_class.html) 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](mailto:jwatersassociates@btinternet.com) or call 07730468561  <http://www.berkskfa.org.uk> or www.oxonkfa.org.uk |
| Park Run | Parkrun is such a simple concept: turn up every Saturday and run 5km, or if you’re a junior then 2km every Sunday. It doesn’t matter how fast you go. It doesn’t matter what you’re wearing. What matters is taking part. There are now parkrun events each Saturday and Sunday in countries all around the world. Each event is based in a unique location like a park, beach or promenade. All events are organised by a group of our wonderful dedicated volunteers .**There in one in Henley-on-Thames starting at 40 Acre Path, Tilebarn Close, Henley-on-Thames, Oxfordshire, RG9 1US at 9 a.m. on Saturdays.** Parkrun is all about inclusiveness and wellbeing. We want as many people as possible to feel part of a real local community brought together by our events, as well as our global parkrun family. | **Park Run** [**http://www.parkrun.org.uk/henleyonthames/**](http://www.parkrun.org.uk/henleyonthames/)  **Remember to register before doing your first run. There is no charge.** |