

Physical activity for adults, older adults and children



Reduces chance of Type II diabetes

Reduces chance of joint and back pain

Improves mental wellbeing

Helps to manage stress and anxiety

ADULTS AND OLDER PEOPLE

Maintains Healthy weight
Improves quality of life
Improves sleep
Strengthens muscles and bones



Creates opportunities to meet new people and feel part of the community

Makes daily tasks easier

Increases independence

DISABLED PEOPLE



CHILDREN

Build confidence and social skills

Develops co-ordination

Improves skills and learning



Aim for 150 minutes each week of moderate intensity activity
TIPS: ▶ Activity should make you breathe faster and feel warmer
▶ Spread activity throughout the day
▶ Break up periods of inactivity
▶ Do something you enjoy



GoodGym - Group run every Tuesday evening, meet at Alison Gingell Building, Coventry University at 6pm. A total run of 5km, running to a community project and doing a good deed, then running back. All ages and abilities welcome.

Runners can just turn up to the start point but will need to sign up at www.goodgym.org/areas/coventry/group-runs.



Positive Youth Foundation

- A variety of free multi-sport activities and youth clubs in various locations around Coventry for young people aged 8 - 25.

For more information visit www.positiveyouthfoundation.org, Twitter: @positiveyouth96, Instagram: @pyfcoventry or call 0247679 1190



Walking for health - Get active outdoors by joining a group walk in Coventry. A network of FREE, guided group walks across the city ranging from 30 -90 mins.

Contact Verity Tiff
Tel: 07425 179053



Sky Blues in the community - A variety of physical activity sessions in Coventry to help improve lifestyle for all members of the community, including 'In It Together' and 'Walking Football'.

Tel: 024 7678 6349



Cycling - Find out where to ride and join in with free group rides and events in and around Coventry. www.coventry.gov.uk/cycling



Coventry Family Health and Lifestyles - Made up of 7 services focusing on healthy lifestyle and exercise programmes designed to reduce the risk of obesity among children and increase physical activity long term.

Tel: 024 7518 9190



Go CV cards are free for Coventry residents and give reduced price exercise classes, swimming and membership at CVlifestyles centres as well as free entry to the transport museum and discounts on other activities.

www.go-cv.co.uk



Healthy Lifestyles Service - A FREE service to support you whether you want to lose some weight, stop smoking, get more active, cut down on your alcohol or get a FREE NHS Health Check.

Tel: 0800 122 3780



Coventry on the Move in Parks - A scheme to encourage more people to get active in their park or green space.



Coventry Parkrun - A weekly 5km walk, jog or run every Saturday at 9am in the War Memorial Park, Kenilworth Road, Coventry, CV3 6PT. It's free! but please register before your first run.

<https://www.parkrun.org.uk/register>



NHS fitness workout - Choose a workout from the NHS Fitness Studio's range of online exercise videos.



CV Life: Sign up to gyms around the city to boost your fitness! Try out CV Life centres where a Go CV discount is available including The Alan Higgs Centre, Centre A17, The Wave and The Xcel Leisure Centre.

www.cvlifestyles.co.uk