

## **Support for our patients: Movement**

### **Get Active (NHS)**

Walk your way to health! Did you know that walking briskly for just 10 continuous minutes counts as exercise? It's easier than you think to fit into your day! This website offers an easy and helpful guide to becoming more active, including information about the Couch to 5K app (a free running programme for absolute beginners). Visit [www.nhs.uk/better-health/get-active](http://www.nhs.uk/better-health/get-active) for more information.

### **Active Devon**

Devon has a range of natural and community resources for getting and staying active and healthy. Explore this site to find fun, healthy and connected ways to get and stay active. Visit the [activedevon.org/i-want-to-move-more](http://activedevon.org/i-want-to-move-more) to find an activity near you.

### **Newton Abbot Leisure Centre (Teignbridge Leisure)**

Offers a range of exercise classes, swimming and aquafit sessions on a pay as you or membership basis, visit [www.teignbridgeleisure.co.uk/newton-abbot-leisure-centre](http://www.teignbridgeleisure.co.uk/newton-abbot-leisure-centre) or call **01626 215660** for more details.

### **Your Health Torbay**

A service to help you manage your weight, moving more, quitting smoking and improving overall health for people living and working in Torbay. Visit [yourhealthtorbay.co.uk](http://yourhealthtorbay.co.uk) or call **01803 422 422** for more details.

### **Fitness in Torbay exercise referral programme**

This 10-week exercise programme is supervised by fully qualified exercise professionals for those living in Torbay. The programme is aimed at people with medical conditions that would benefit from exercise. The cost is £60, and for more information visit [yourhealthtorbay.co.uk](http://yourhealthtorbay.co.uk) or call **01803 422 422**.

## **Local activities**

### **Introduction to Walking Football**

For those over 50 to improve fitness and wellbeing while enjoying a slower version of the beautiful game, £4 a session. The session runs every Tuesday 10:30am-12pm and 12:30pm-1:30pm on Fridays at the Devon FA Headquarters in Newton Abbot. For more information and how to book, visit [www.ageuk.org.uk/devon/activities-and-events/teignbridge](http://www.ageuk.org.uk/devon/activities-and-events/teignbridge) or call **0333 241 2340**.

### **Outdoor Activity Club: Stover Country Park**

A social club for people over 55 to enjoy a range of outdoor activities from gentle walks to forest craft. Every 2nd and 4th Monday each month at 10am - 12pm at Stover Country Park, Newton Abbot, Devon TQ12 6QG, £3 per session. For more information and to book a place call **0333 241 2340** or you can email [info@ageukdevon.co.uk](mailto:info@ageukdevon.co.uk).

## **Steady on your feet**

A helpful NHS online catalogue of exercises to help improve balance, strength, flexibility to all suit all levels of fitness which can be done from home. For more details, visit [devon.steadyonyourfeet.org/staying-active](http://devon.steadyonyourfeet.org/staying-active).

## **Strength & Balance Classes – NHS**

Fun, social and free exercises classes in Torbay and South Devon. To help improve strength and balance, improve confidence, improve mobility and flexibility, improve quality of life and meet new people. Running one weekly for 12 weeks.

Running at various locations in the Teignbridge area, including Bovey Tracey Methodist Hall and Newton Abbot Scout Headquarters. Call **0300 456 1006** for more information, and to self-refer.

## **Walk this Way: (Teignbridge, running through the week)**

The walks are led by trained, friendly, social, volunteer walk leaders who will be sure to give you a warm welcome and run throughout the week in different locations across Teignbridge. The walks are free, and range from easy, flat-terrain shorter walks (grade 1) to longer, more challenging routes (grade 3). Visit [www.teignbridge.gov.uk/sports-and-leisure/leisure-activities/walking/timetable](http://www.teignbridge.gov.uk/sports-and-leisure/leisure-activities/walking/timetable) or email [greenspaces@teignbridge.gov.uk](mailto:greenspaces@teignbridge.gov.uk) for further details and the walk timetable.

## **Wellness in Nature Social Club**

A social group for people over 50 to enjoy a variety of outdoor activities together within the beautiful natural environment while improving health and wellbeing. Every 2nd and 4th Thursday of the month at 10:30am - 12:30pm at Stover Country Park, Newton Abbot, Devon, TQ12 6QG, £3 per session and refreshments will be provided. For more information and to book a place call **0333 241 2340** or you can email [info@ageukdevon.co.uk](mailto:info@ageukdevon.co.uk).