

Healthy Living in HOUNSLOW

"If a medication existed which had a similar effect to physical activity it would be regarded as a wonder drug or miracle cure." Sir Liam Donaldson - Chief Medical Officer, March 2010

Physical activity can help manage and reduce the risk of many health problems including high blood pressure, type 2 diabetes, cancer and heart disease. It increases your energy levels and is a great way to meet new friends or try something new with old friends.

How much is enough? Small bouts of 10 minutes building up to 150 minutes a week is a good amount of physical activity to work to. If you feel like you can do more, try building up to 30 minutes in one go, 5 times a week.

Try to make sure you are working hard enough to get your heart beating faster. You should still be able to talk to your friends along the way, but singing should be a bit too tough!

What counts? Anything that gets your heart beating faster counts – try gardening, walking, cycling, running, swimming, badminton, football and many, many more!

What can I do locally? Hounslow has lots of green spaces, and plenty of activities in lots of different places that you can get involved in. If you would like to find out what's going on in your local area you can visit www.getactivelondon.com/hounslow or ring 020 8240 4211 and one of the Get Active Hounslow team will help you find what you're looking for.

Hounslow has an accredited **Health Walk** programme led by trained volunteer Walk Leaders. Walks take place across Hounslow making use of local green spaces, parks and woodlands and usually last between 40 minutes to 1 hour. All walks are free and you don't need any expensive kit, just a comfortable pair of shoes.

*Walking at a moderate pace for one hour will burn 195 calories,
that's more than most packets of crisps!*

| Hounslow Health Walks | |
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| <p>Princess Walk - Fridays 10-11am (*temporary time until 21/06/13) usually 11am – 12</p> <p>Meet: Gurdwara Guru Nanak Nishkam Sewak Jatha, 134-142 Martindale Road, Hounslow, TW4 7HQ</p> | <p>Goldy Goldy Group - Mondays 10am – 11am</p> <p>Walk in Heston Park or take part in other activities such as yoga or tai chi.</p> <p>Meet: Heston & District Community Association, Vicarage Farm Rd, Heston, TW5 0EE.</p> |
| <p>Osterley Park Walk - Last Wednesday of every month 10am – 12 noon</p> <p>Meet: Stableyard, Osterley Park, Jersey Road, Isleworth, TW7 4RB</p> | <p>Sparrow Farm Health Walk, Feltham - Mondays 6.45pm-8pm</p> <p>Meet: Central Parade shops opposite Sparrow Farm Residents Association Club, TW14 0DH</p> |
| <p>Feltham Health Walk - Wednesdays, 11am - 12noon</p> <p>Meet: Feltham Assembly Hall, Hounslow Road, Feltham, TW14 9DN</p> | <p>Seasonal Walks – We regularly have seasonal walks in local green spaces including Kew Gardens.</p> <p>COMING SOON Lampton Park Health Walk</p> |

Fancy something different?

Nordic Walking programmes will be starting in Hounslow summer of 2013. Nordic Walking uses specially designed walking poles to work the whole body and burn up extra calories.

Parkrun is also coming to Osterley Park. Parkrun's are weekly, 5k timed runs that take place on Saturday mornings across the country in green open spaces. They are open to everyone, regardless of ability, are free, and are safe and easy to take part in. Parkruns also take place in Gunnersbury Park and Bedfont Lakes.

Cycling is gentle on the knees and a low cost way of making short trips. Hounslow is offering free 1-to-1 cycle instruction, a free bike service and personalised route planning. If you don't own a bike, a loan bike can be provided together with additional instruction lessons if your GP refers you to an exercise programme. Women only and other group rides are also available from the summer of 2013.

Cycling for half an hour burns around 177 calories – that's over one can of fizzy drink

If you're interested in finding out more, would like to know where your nearest activities are, or want to book onto any of the above, get in touch at:

0208 240 4211 / 07753309339 / getactivehounslow@smuc.ac.uk

Need some extra support?

Hounslow and Richmond Community Healthcare NHS Trust also run additional programmes that provide additional support for those who would benefit from being more active.

Weigh2Lose is an NHS 12-week weight management and exercise programme. The 2 hour programme will help you achieve your weight loss goals and gives you the opportunity to take part in various exercises including table tennis, badminton, trampolining and zumba. There's a small fee of £2-£3.10 for each session depending on where you attend.

Exercise referral. If you have a specific health condition, GPs, Practice Nurses or other health professionals can refer you to a supported exercise programme at gyms in Hounslow's Leisure Centres. The programme allows you to attend twice per week for an hour and to have a personal plan designed specifically for you! **Each subsidised session is £3.10.** (GP referral required)

Health Trainer. You can request support from a local health trainer who is able to spend time discussing what you want to achieve and what might be available to help you. They will help you set realistic goals and then regularly follow up with you to talk about how you are getting on.

To find out more about these opportunities contact Hounslow and Richmond Community Healthcare NHS Trust: www.hrch.nhs.uk

Reception: 020 8630 1424/1425 or Health Promotion Administrator: 020 86307511