

# Right For Me...

Independence

## I can...

- Walk to the shops, 10 minutes away and back again
- Clean my house up and downstairs
- Reach the top shelf of the kitchen cupboards

## I can...

- Stand in the kitchen and make myself a meal
- Get myself dressed and get downstairs with support
- Pick something up off the floor but need to hold onto something to steady myself

## I can...

- Get to the toilet with help
- Use a wheelchair/frame to move short distances
- Understand when my condition has worsened and know where to get help



**ParkRun** – parkrun is a series of 5k runs held on Saturday mornings in areas of open space around the UK. They are open to all, free, and are safe and easy to take part in. [parkrun.org.uk/events/events](http://parkrun.org.uk/events/events)

**#RunandTalk** – Created by England Athletics as a way of improving mental health through running. [runtogether.co.uk/running-support/runandtalk](http://runtogether.co.uk/running-support/runandtalk)

**Nordic Walking** – Nordic walking was originally a summer training regime for cross-country skiers. It's based on using specially designed walking poles in a way that harnesses the power of the upper body to propel you forward as you walk. It's now a recognised way to turn a walk into whole-body exercise that can be done by anybody, anywhere. [exercise-anywhere.com](http://exercise-anywhere.com)

**Walking Football** – It's exactly what it sounds like – a standard game of football where players walk instead of run! It's designed to help people get fit or maintain an active lifestyle no matter what their age and fitness, as well as support people getting back into football if they have given it up due to age or injury. Older people who play have seen many benefits: lower heart rate and blood pressure, less fat and more muscle, and better mobility.

**Walking Netball** – Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level. Often, one of netball's strengths is that people never forget playing the sport and the memories as well as the love for the game never leave.

**Zumba Gold** – The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Perfect For Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

**Walk for Health** – Walking for Health is England's largest network of health walk schemes, run by the Ramblers and Macmillan Cancer Support. Our free health walks make sure no one gets left behind. Short and over easy terrain, they are open to everyone on a drop in basis but are especially aimed at those who are least active, with lower physical ability or long term conditions. [walkingforhealth.org.uk](http://walkingforhealth.org.uk)

**Tai Chi** – Tai chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, tai chi is now practised around the world as a health-promoting exercise. While there's scope for more rigorous research on tai chi's health benefits, studies have shown that it can help people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs.

**Pilates** – Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and well-being. Practitioners say regular Pilates can improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. [nhs.uk/live-well/exercise/guide-to-pilates](http://nhs.uk/live-well/exercise/guide-to-pilates)

**Yoga** – Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental well-being. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. While there's scope for more rigorous studies on its health benefits, most studies suggest yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance. 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. [nhs.uk/live-well/exercise/guide-to-yoga](http://nhs.uk/live-well/exercise/guide-to-yoga)

**GP Exercise Referral Scheme** – designed for GPs and any other Health Professionals to refer their patients who are sedentary and have one or more medical conditions that would benefit from an increased level of physical activity. The programme offers the individual the opportunity to participate in regularly monitored consultations and supervised physical activity sessions. These combine activities specific to their needs in order to help improve fitness, health and well-being. Discuss with your GP if you are eligible for this local programme.

**Chair Based Exercise** – Chair-based exercise classes are designed to help improve strength and balance, especially aiding the muscles used in everyday activity. The exercises are performed from the comfort of a chair and each exercise is performed at a pace that suits you. This is a good way to stay active for people who have mobility issues, or feel unsteady on their feet.

**Home Exercise** – This can be a great way to supplement exercise you already do but also it can be a way to start off exercise in the comfort of your own surroundings. Easy to follow programmes are available online but it's recommended to discuss first with your GP or Health Professional to make sure it is safe for individuals to exercise unsupervised. [laterlifetraining.co.uk/llt-home-exercise-booklets](http://laterlifetraining.co.uk/llt-home-exercise-booklets)



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