



# Move It

A guide to physical activity

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Produced in partnership with  
Groundwork Oldham & Rochdale,  
Springhead Community Centre,  
Oldham Primary Care Trust,  
Social Services Oldham  
and  
Oldham Community Leisure

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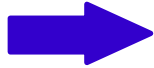


# Introduction

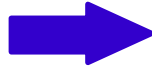
Start physical activities slowly with small amounts of time and effort, increasing gradually. This way you feel better and give yourself the motivation to continue, and help prevent injuries from taking place.



No  
activity



Moderate  
activity



Too much  
activity



# How much activity is required?



30 minutes

5 days per week

Monday	Tuesday	Wednesday
✓	✓	✓
Thursday	Friday	Saturday
✓		✓
Sunday		

# Good practice for physical activity



On a hot day it is important to drink plenty of water, wear a hat and use sun protection cream.

For your exercise pleasure you should wear comfortable shoes and clothes. It is important to take a coat and umbrella in case it rains.



# Mobility

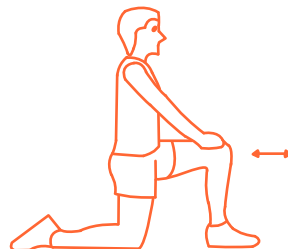
Mobility means the range of limb movement around joints. It helps improve the muscles by stretching and assists in the prevention of injury when warming-up and cooling down.



# Stretches and warm-up exercises

Before starting physical activity, you should warm up and stretch. It is a good idea to stretch for 8 - 12 seconds and you should feel a comfortable tension when stretching.

Examples of stretching:



# Activities

These activities are aimed at raising the pulse and can be completed both indoors and outdoors. A sport such as football is a good way of keeping mobile whilst having fun.



# Bowls



Bowls is a game that involves bending...



Here, Bill has to bend his knees in order to release the bowl.



The aim of bowls is to place your bowl the closest to the jack.

# Gardening



Gardening is a great way to keep mobile while digging...



...and allows everyone to exercise their arm muscles while using gardening tools...



...or watering the plants.

# Walking



Alexandra Park in Oldham is a great place to walk...



...and offers something for everyone.



Here, Jill looks at a map of the park.

# Football



Trevor enjoys a game of football.



Football is something that can be played by almost everyone.



# Cycling



Madalena enjoys cycling...



...because it raises her pulse.



Cycling is an easy activity to learn.

# A trip to the sports centre

Sports centres are places where you can keep active. They have a wide range of physical activities.

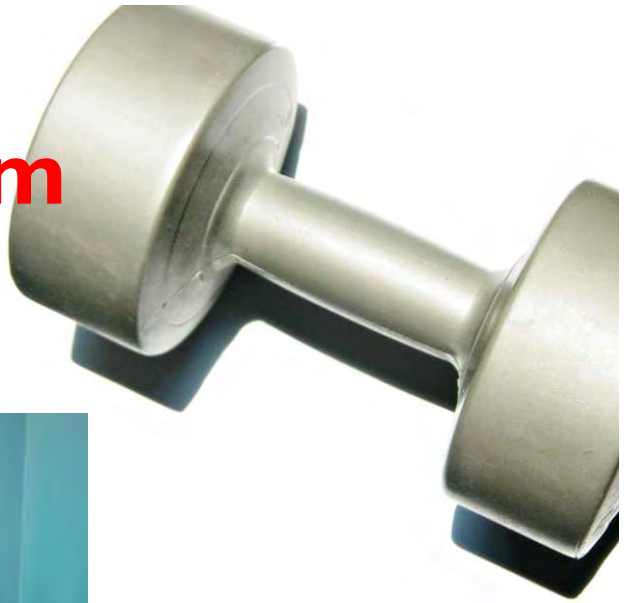


Outside  
Oldham Sports  
Centre.

Buying tickets at the  
entrance.



# The gym



Steve likes to use weights when he uses the gym.



The gym instructors are very friendly and are always available to help.

# Chair-based exercises



Stretching is an activity that can be done sitting down...



...and can involve everyone.



The sports centre staff are trained to run stretching sessions.

# Dancing to music



Dancing can help you keep fit.



# Other activities at the sports centre



Squash...



...exercise bikes...



... and swimming are other activities you can do at the sports centre.

# Cooling down after activity



The sports centre cafe is a great place to gradually cool down.



The cafe staff are always very cheerful.



The cafe sells lots of fresh and healthy food.

# Healthy Lives

As well as keeping active and mobile, it is important to eat healthily. The government recommends eating 5 portions of fruit and vegetables a day. These organisations have more information on healthy lifestyles:

NHS 5 a Day  
[www.5aday.nhs.uk](http://www.5aday.nhs.uk)

Walking the Way to Health Initiative  
[www.whi.org.uk](http://www.whi.org.uk)

MENCAP  
[www.mencap.org.uk](http://www.mencap.org.uk)

# Useful Organisations

RADAR (Royal Association for Disability and Rehabilitation)

12 City Forum, 250 City Road, London,  
EC1V 8AF

[www.radar.org.uk](http://www.radar.org.uk)

British Dyslexia Association

[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

Healthy Living

[www.healthyliving.gov.uk](http://www.healthyliving.gov.uk)

British Heart Foundation

[www.bhf.co.uk](http://www.bhf.co.uk)

London Health Observatory

[www.lho.org.uk](http://www.lho.org.uk)

British Institute of Learning Disabilities

[www.bild.org.uk](http://www.bild.org.uk)

# Thank you to...

Food and Physical Activity Team,  
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Trevor, Shirley, John, Steve, Jill, Sarah, Bill and Val  
Springhead Life Long Learning Centre

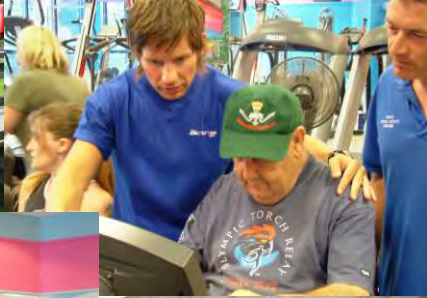
Groundwork Oldham & Rochdale

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for the use of the sports facilities.

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British Institute of Learning Disabilities (Bild)  
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**Remember:  
just keep moving**



