

# BE MORE ACTIVE

## FACTS AND FIGURES



**56%** of adults in Barnet do 150 minutes of physical activity each week

## Move for your mood

Being active can reduce anxiety, depression and help with sleeping



## Being physically active

Keeps you:

- strong
- mentally fit
- independent as you age

Reduces risk of certain chronic conditions by 50%



**1 in 4**



Barnet adults participate in less than **30 minutes** of activity each week

## HELP AND ADVICE

- Moving more and sitting less helps us feel better and stay healthy for longer. Start small and build up gradually, doing something is better than nothing.
- Try to add movement throughout your day, including a variety of types and intensities of physical activity:
  - ✓ At least **150 minutes** of moderate activity (intense enough to increase your heart rate and breathing) per week
  - ✓ Muscle strengthening exercises (increase muscle strength and endurance and mass) at least **twice** a week
  - ✓ **Several hours** of light physical activity (movement that does not result in sweating or shortness of breath), including standing. Remember to break up long periods of sitting as often as possible
- All movement counts! Walking to the shops, taking the stairs instead of the lift at work, gardening, meeting a friend for a hike are just some ways you can integrate activity into your day.
- Once you've found the activity that's right for you, try doing it at the same time and on the same days each week so it becomes parts of your routine and lifestyle.

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## LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
<b>Fit &amp; Active Barnet (FAB)</b>	<ul style="list-style-type: none"> <li>Online</li> </ul>	<p>An online resource available to all residents to help them find physical activity opportunities in Barnet.</p> <p>Residents can also sign up for their FREE FAB Card which provides some discounted access to our Leisure Centre Activities.</p>	<p><b>FAB Hub Website:</b> <a href="http://www.better.org.uk/FAB-Hub">www.better.org.uk/FAB-Hub</a></p> <p><b>Leisure Centres in Barnet:</b> <a href="https://www.barnet.gov.uk/parks-sport-and-leisure/sport-and-physical-activity/leisure-and-sports-facilities/leisure-centres">https://www.barnet.gov.uk/parks-sport-and-leisure/sport-and-physical-activity/leisure-and-sports-facilities/leisure-centres</a></p>
<b>One You Barnet</b>	<ul style="list-style-type: none"> <li>Online</li> </ul>	<p>One You provides tools, support and encouragement to be healthier in Barnet. This feeds into the current national Better Health campaign.</p>	<p><b>One You Barnet Website:</b> <a href="https://www.oneyoubarnet.org/moving">https://www.oneyoubarnet.org/moving</a></p>
<b>Health Walks</b>	<ul style="list-style-type: none"> <li>Face-to-face</li> </ul>	<p>Health walks are group walks led by guides and are open to adults aged 18 and over.</p>	<p>More information on health walks available at (there is an associated cost): <a href="https://www.barnet.gov.uk/health-walks">https://www.barnet.gov.uk/health-walks</a></p>
<b>Healthy Heritage Walks</b>	<ul style="list-style-type: none"> <li>Self-guided</li> </ul>	<p>Barnet's healthy heritage walks are self-guided walks around Barnet's heritage points, with accompanying audio. There are currently six walks available.</p>	<p><b>Healthy heritage walks webpage:</b> <a href="https://www.barnet.gov.uk/health-and-wellbeing/healthy-heritage-walks">https://www.barnet.gov.uk/health-and-wellbeing/healthy-heritage-walks</a></p>
<b>Active Trails &amp; Outdoor Gyms</b>	<ul style="list-style-type: none"> <li>Self-guided</li> </ul>	<p>Active trails are pre-plotted routes which can be walked, run or cycled for free in nine of our parks. Maps of the active trails can be found on our website.</p> <p>Barnet has 11 outdoor gyms available in our parks, providing a mixture of equipment. They are suitable for all abilities and fitness levels.</p>	<p><b>Active trails:</b> <a href="https://www.barnet.gov.uk/parks-sport-and-leisure/walks-and-trails/walking-running-and-cycling-trails">https://www.barnet.gov.uk/parks-sport-and-leisure/walks-and-trails/walking-running-and-cycling-trails</a></p> <p><b>Outdoor gyms:</b> <a href="https://www.barnet.gov.uk/parks-sport-and-leisure/sport-and-physical-activity/leisure-and-sports-facilities/outdoor-sport#title-3">https://www.barnet.gov.uk/parks-sport-and-leisure/sport-and-physical-activity/leisure-and-sports-facilities/outdoor-sport#title-3</a></p>
<b>Cycle Skills Training</b>	<ul style="list-style-type: none"> <li>Face-to-face</li> </ul>	<p>Barnet provides free cycle skill courses to people aged 16. TfL also provide free online Cycle Skills course which includes tips on how to get you going.</p> <p>The Barnet Safer Transport Teams offer free bicycle security marking for anyone who lives in Barnet.</p>	<p><b>Book your Barnet cycle session at:</b> <a href="https://www.cycleconfident.com/sponsors/barnet/">https://www.cycleconfident.com/sponsors/barnet/</a></p> <p><b>TfL online Cycle Skills course:</b> <a href="https://cycle-skillsonline.tfl.gov.uk/">https://cycle-skillsonline.tfl.gov.uk/</a></p> <p><b>Bicycle security marked contact details:</b> Tel. 0208 733 5570, <a href="mailto:STT.barnet@met.police.uk">STT.barnet@met.police.uk</a></p>

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