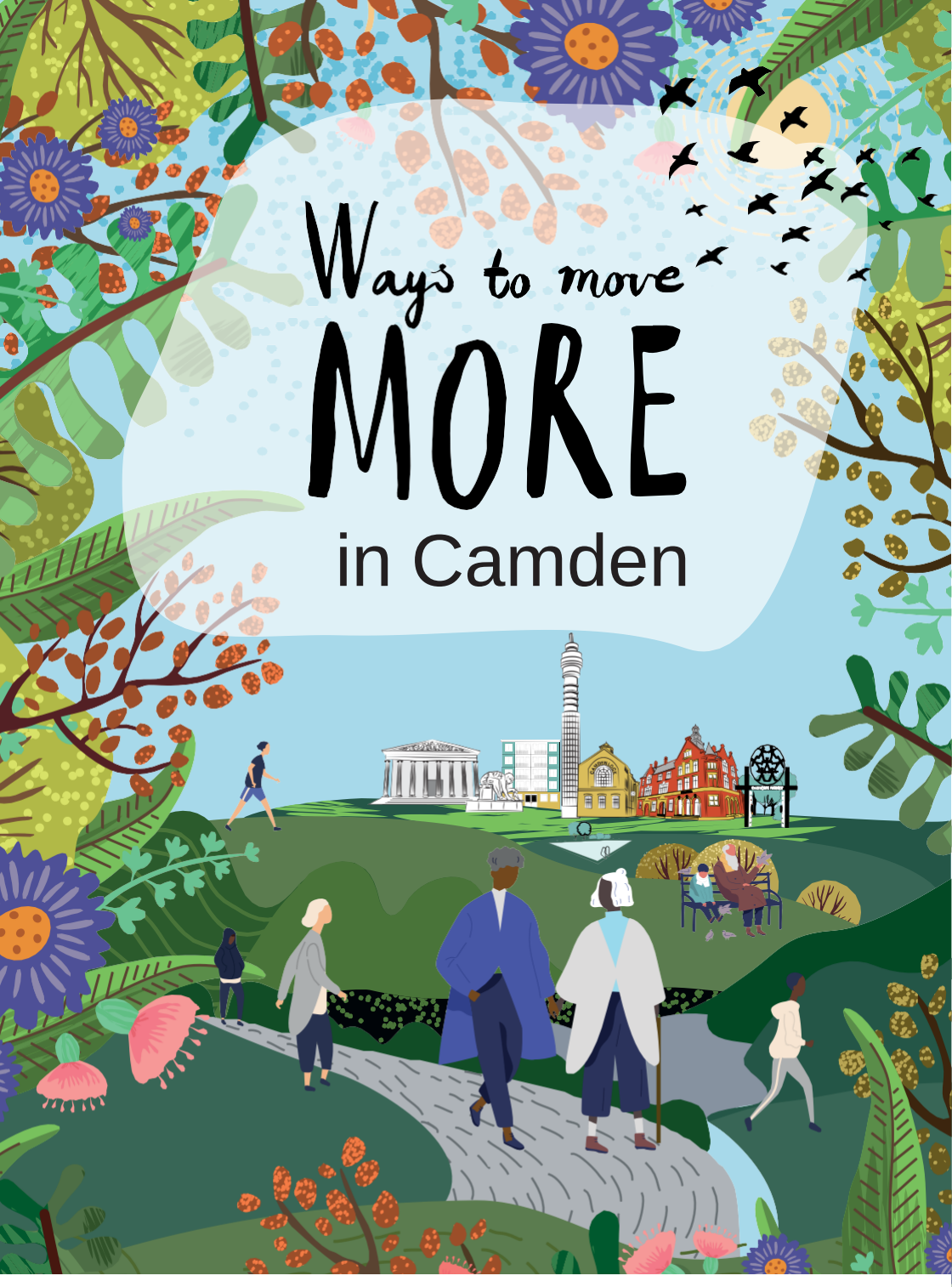
Ways to move MORE in Camden



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WE CAN MOVE

ramblers at the heart of walking

walking for health

Camden

Moving more is beneficial for all of us – to improve our physical health, our wellbeing, help us meet new people & learn new skills. This resource provides information on how to keep active in Camden with home based exercise resources, activity finders, apps & info pages.

Please note that depending on local restrictions in light of the covid 19 pandemic, some activities may not be running or may run virtually.

Local Activities

Walking For Health
Free walks led by qualified Ramblers Walking for Health Leaders. Walks are taken at a gentle pace & typically 30-90 minutes, often finishing with a hot drink & chance to socialise with other walkers.
walkingforhealth.org.uk/walkfinder/
camden-walks
walking@camden.gov.uk / 020 7974 4444

Outdoor Gyms
Camden has nine outdoor gyms that are free to use with a variety of cardio, strength & toning equipment.
camden.gov.uk/outdoor-gyms

Camden Good Gym
Community group runs to help older people & community projects.
goodgym.org/areas/camden

Camden Green Gym
Green Gym is natural exercise to make a difference. Fun & free practical nature conservation tasks from 4 green gyms in Camden.
tcv.org.uk/london/green-gym-london/camden-green-gym/
07768 710 359

Park Run
Park Runs take place across the country every Saturday. Park run welcomes everyone - whether you'd like to walk, jog run or even volunteer and has a great community feel.parkrun.org.uk/

Park Walk – Work your way up to walking 5k with ParkWalk programme
blog.parkrun.com
/uk/2021/01/05/parkwalk-is-here/

Exercise on Referral/Rebalance
12 week programme for individuals looking to get active with a health condition, or lose weight. Inclusion/exclusion criteria apply – Exercise on referral requires a referral from a GP or healthcare professional.
camden.gov.uk/rebalance-exercise-referral-programmes

Local Activities cont..

Camden Leisure Centres
Camden has four leisure centres across the borough offering swimming, gym facilities, classes & more. Variety of membership options available including pay & play, disability & concessionary memberships.better.org.uk/leisure-centre/london/camden

The Armoury (part of Jubilee Hall Trust)
Gym facility based in Hampstead offering fitness classes, gym memberships, older adult and GP referral programmes.
armourygym.co.uk
020 7431 2263

Central YMCA
London's largest gym facility based on Great Russel Street. Offers older adults and GP Referral programmes, gym memberships fitness classes, swimming, sports clubs and more.
ymcaclub.co.uk / 0333 222 0146

Local Activity Finders

Recommend Me
Find local activities both face to face and virtual (not just limited to physical activity) in Camden. recommendme.london

We Can Move
Camden based campaign with tips on getting active locally. Hear from local We Can Move Champions and use the Lets Move More in Camden page to find out about local activities. From gardening groups, outdoor gyms, community groups to leisure centres, there's something for everyone!
wecanmove.co.uk/.
Find local providers on our interactive activity map – wecanmove.co.uk/move-more-in-camden –click "where to get active near you")

Social Prescribing- Want to speak to someone about local activities? Call the community links health advocates on 0800 193 6067

Useful apps

Couch to 5K (Free)
This app has been designed to get you off the couch & running in just nine weeks. Grab your trainers, download the app & follow the step-by-step instructions. Download the app from App Store or Google Play.

Active 10 (Free)
Active 10 tracks your walking & shows you when to increase your pace to benefit your health. The app is designed to quickly & simply help you do more brisk walking in bursts of 10 minutes. Download the Active 10 app from App Store or Google Play

BETTER App
Download the BETTER UK app to book sessions and access digital content.
better.org.uk/news/download-the-better-uk-app

Her Spirit
A virtual community offering women personalised coaching to get fitter, stronger & healthier. Includes live classes, fitness programmes, virtual challenges as well as wellbeing resources & nutritional information.
herspirit.co.uk
Download the app on the App Store or Google Play.

Useful Websites

This Girl Can
Information on how to keep active at home telling real womens' stories & how they keep active. They also have an activities page if you're not sure where to start.
thisgirlcan.co.uk

Stay in Workout
Live virtual classes timetable, lots of resources and tips for exercising at home for all abilities and ages.
sportengland.org/jointhemovement

NHS Better Health
Information about getting active, eating better & improving your health. The Get Active page has lots of tips and ideas to help you become more active.
nhs.uk/better-health/get-active/

We Are Undefeatable
Being active can help you manage a health condition by improving symptoms and your wellbeing. This campaign website has tips and advice for moving more from others living with health conditions. Social media pages too.
weareundefeatable.co.uk

Useful Websites cont..

Our Parks Our parks has lots of live classes as well as pre-recorded classes for all abilities. Classes are colour graded by ability, with a description of the class to help you choose one suitable for you. They have classes & programmes for families & individuals too including their “Couch to” programmes.
ourparks.org.uk

Couch to fitness – Free 9 week online programme for beginners
ourparks.org.uk/couch-to-fitness

Couch to Bhangra
4 week online beginners home dance exercise programme
ourparks.org.uk/couch-to-bhangra

Move More with health conditions

Health Conditions and Disability Specific Information and resources
A collection of reputable websites and organisations providing information about being active with a number of health conditions. Some websites provide exercise programmes, educational information as well as help in finding suitable activities. In some cases you may need to contact the organisation of take an assessment before using the information.

Camden Virtual Activity Hub
Find sessions led by highly qualified, specialist instructors able to tailor sessions for people living with various health conditions.
Type **CSPAVirtualHub** into the search bar on recommendme.london to bring up these sessions. **You can also use the tags #Stroke #Falls #Cardiac #Respiratory**

Love activity, hate exercise -Chartered Society of physiotherapists
csp.org.uk/public-patient/keeping-active-and-healthy/love-activity-hate-exercise-campaign/being-active-long

EXI (Free)
Exi is an evidence-based app which analyses your health & produces a personalised 12 week plan that helps you gradually increase your activity levels. Suitable for people new to exercise, and people living with health conditions. Download the app from the App Store or Google Play exi.life

Move More with health conditions cont…

Arthritis / Muscular Pain

Versus Arthritis Helpline
0800 5200 520

Versus Arthritis information on exercise with arthritis and their free Lets Move online programme
versusarthritis.org/about-arthritis/managing-symptoms/exercise/

Connect Physiotherapy Facebook page – lots of live and recorded videos for different types of muscular pain.
facebook.com/ConnectPhysiotherapy/

Cancer

Cancer Research webpage on physical activity
cancerresearchuk.org/about-cancer/coping/physically/exercise-guidelines

SafeFit is a free remote service for anyone in the UK with suspicion of or confirmed diagnosis of cancer. Safefit put you in contact with a cancer exercise specialist who will help you during the coronavirus crisis.
safefit.nhs.uk

Mental Health

Mental Health Camden Digital collective – collection of digital activities mentalhealthcamden.co.uk/resources-0

MIND webpage on physical activity and mental health
mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity

Healthy Minds in Camden Project – community based courses, workshops & activities.
To join call 0207 241 8996
healthymindscp@mindincamden.org.uk
mindincamden.org.uk/services/healthy-minds-2

Move More with health conditions cont…

Kidney Disease
Kidney Care UK Exercise Information Webpage
kidneycareuk.org/about-kidney-health/living-kidney-disease/exercise-and-keeping-fit

Beam: Online Exercise videos, classes, tips & advice from renal physiotherapists & people living with kidney disease beamfeelgood.com

Diabetes
Diabetes & Exercise webpage
diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise

COPD/ Respiratory Conditions
British Lung Foundation Online Exercise Videos
blf.org.uk/exercise-video

Have some suggestions for this resource?
Contact
Stephanie.smith@camden.gov.uk

A digital version of this booklet is available at
www.camden.gov.uk/keep-active-healthy#aacp

Neurological Conditions

LEGS (Local Exercise Groups for Stroke & neurological conditions) provides supported exercise groups led by physiotherapists for people who have had a stroke or live with a neurological condition. legs.org.uk 0203 894 4163

Stroke
Stroke Association: Getting Moving after Stroke webpages stroke.org.uk/life-after-stroke/getting-moving-after-stroke

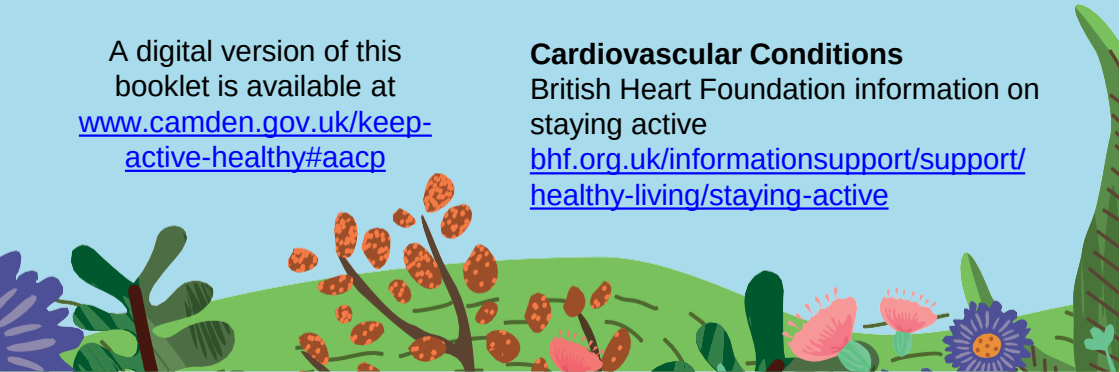
Different Strokes – local support groups & online exercise classes
differentstrokes.co.uk

Parkinson's
Parkinsons UK webpage on Exercise
parkinsons.org.uk/information-and-support/exercise

Reach your peak – physio led online programme for people with mild Parkinson's
www.reachyourpeakonline.com

Multiple sclerosis
MS Society webpage on keeping active
mssociety.org.uk/care-and-support/everyday-living/staying-active

Cardiovascular Conditions
British Heart Foundation information on staying active
bhf.org.uk/informationsupport/support/healthy-living/staying-active



Disability

Disability Sports Coach
Virtual and face to face physical activity opportunities disabilitysportscoach.co.uk

Camden Disability Action offer advice & advocacy services to help deaf & disabled people to access services and resources. **020 7974 6014**
camdendisabilityaction.org.uk/

Thera Trust
Support for adults with learning disabilities. They can help with connecting to local activities.
Call: 0300 303 1280 thera.co.uk

National Disability Sports Websites

British Blind Sport
britishblindsport.org.uk/

Cerebal Palsy Sport
cpsport.org/resources/resources/health-and-wellbeing/

Wheel Power
wheelpower.org.uk

UK Deaf Sport Website
ukdeafsport.org.uk/deafactiveonline

Amputee Sport
limbpower.com/resources

Sense – Complex disabilities charity
www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-sport

Older Adults

Youtube Channels
Search for “Later Life Training” & “Central YMCA” who both have great Youtube channels with videos for older adults.

AGE UK – Being active as you get older webpage
ageuk.org.uk/information-advice/health-wellbeing/exercise

Chartered Society of physiotherapists webpage on home exercise for older adults
csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength

Love to Move – Dementia Friendly Exercise
britishgymnasticsfoundation.org/lovetomove

Camden Council Older Adults and physical activity website
camden.gov.uk/activities-older-people

GLL Older Adults Programme
camden.gov.uk/activities-older-people#mvlx