

Ways to move  
**MORE**  
in 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.

## Local Activities

### Walking For Health

Free walks led by qualified Ramblers Walking for Health Leaders. Walks are taken at a gentle pace and typically 30-90 minutes, often finishing with a hot drink and chance to socialise with other walkers. [Camden Walks Website](http://Camden Walks Website)  
[walking@camden.gov.uk](mailto: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 Outdoor Gyms Website](http://Camden Outdoor Gyms Website)

### Camden Good Gym

Community group that helps older people & community projects with physical tasks and activities.

[Camden Good Gym Website](http://Camden Good Gym Website)

### Camden Green Gym

Green Gym is natural exercise to make a difference. Fun & free practical nature conservation

tasks from 4 green gyms in Camden.

[Camden Green Gym Website](http://Camden Green Gym Website)

Phone: 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.

[Park Run Website](http://Park Run Website)

### Park Walk

Work your way up to walking 5k with Park Walk

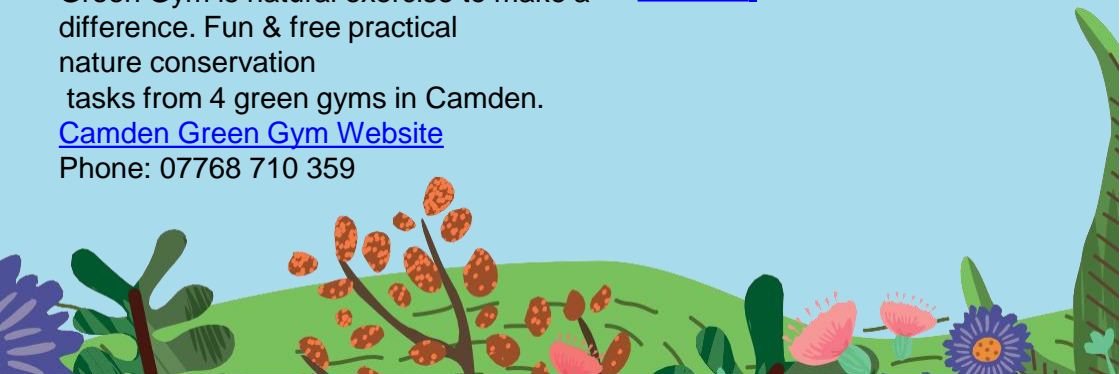
8 week programme

[Park Walk Website](http://Park Walk Website)

### Camden Community Gardening and Volunteering

Camden's Parks for Health programme has a range of activities that support health in our local parks and green spaces.

[Green Social Prescribing in Camden](http://Green Social Prescribing in Camden)



## Local Activities continued...

### Camden Leisure Centres

Camden has four leisure centres across the borough offering swimming, gym facilities, classes and more.

Variety of membership options available including pay & play, disability and concessionary memberships.

[Camden GLL Website](#)

### The Armoury (part of Jubilee Hall Trust)

Gym facility based in Hampstead offering fitness classes, gym memberships, older adult and GP referral programmes.

[Armoury Gym Website](#)

020 7431 2263

### Central YMCA

London's largest gym facility based on Great Russel Street. Offers older adults classes as well as GP Referral programmes, gym memberships fitness classes, swimming, sports clubs and more.

[YMCA Club website](#)

0333 222 0146

## Local Activity Finders

### We Can Move

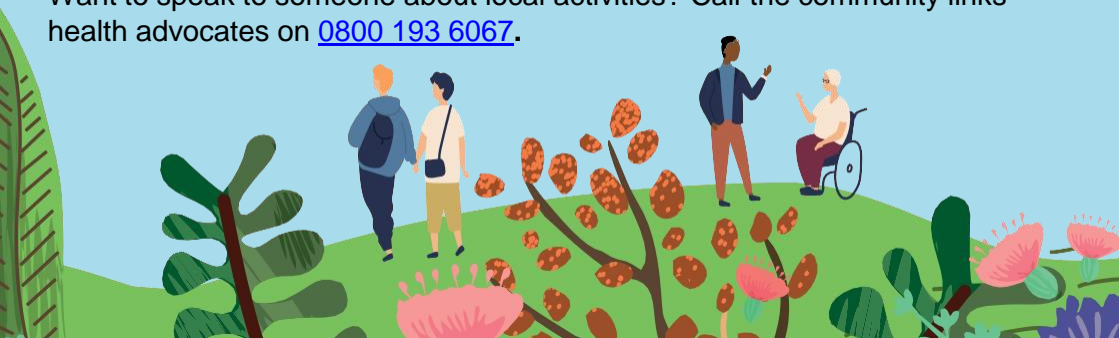
Camden based campaign with tips on getting active locally. Hear from local We Can Move Champions and use the Lets Move More in Camden page to find out about local activities. [Lets Move More in Camden](#)

### Camden Activity Map

Find local providers on our interactive activity map - [Camden Activity Map](#).

### 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**

This app has been designed to get you off the couch and running in just nine weeks. Grab your trainers, download the app and follow the step-by-step instructions.

Download the app from [App Store](#) or [Google Play](#)

### **Active 10**

Active 10 tracks your walking and shows you when to increase your pace to benefit your health. The app is designed to quickly and simply help you do more brisk walking in bursts of 10 minutes.

Download the Active 10 app from [App Store](#) or [Google Play](#)

### **BETTER UK**

Download the BETTER UK app to book sessions and access digital content across public leisure centres in Camden.

Download the app from the [App Store](#) or [Google Play](#)

### **Her Spirit**

A virtual community offering women personalised coaching to get fitter, stronger and healthier. Her Spirit includes live classes, fitness programmes, virtual challenges as well as wellbeing resources & nutritional information.

Download the app on the [App Store](#) or [Google Play](#)

### **EXI**

EXI is an evidence-based app which analyses your health and 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](#)



## Useful Websites

### **This Girl Can**

Information on how to keep active at home telling real womens' stories and how they keep active. They also have an activities page if you're not sure where to start.

[This Girl Can Website](#)

[This Girl Can Activity Finder](#)

### **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.

[We Are Undefeatable Website](#)

### **NHS Better Health**

Information about getting active, eating better and improving your health. The Get Active page has lots of tips and ideas to help you become more active.

[Better Health Website](#)

### **Stay in Workout**

Live virtual classes timetable, lots of resources and tips for exercising at home for all abilities and ages.

[Join the Movement Website](#)

### **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 programmes for families and individuals too including their "Couch to" programmes.

[Our Parks Website](#)

### **Couch to fitness**

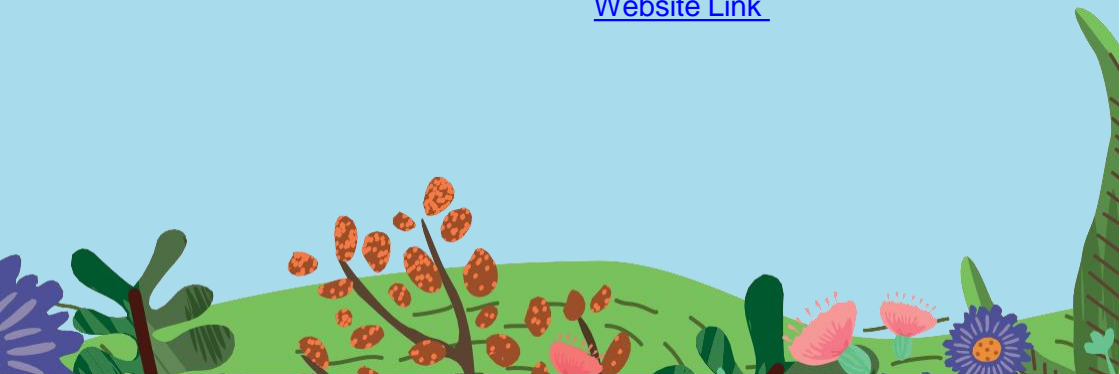
Free online 9-week programme for beginners.

[Website Link](#)

### **Couch to Bhangra**

4 week online beginners home dance exercise programme.

[Website Link](#)



# 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 the [Recommend.me Website](#) to bring up these sessions.

**You can also use the tags #Stroke #Falls #Cardiac #Respiratory**

### Love activity, hate exercise - Chartered Society of physiotherapists

[Being active with long term conditions resources Weblink](#)

### Stronger My Way Campaign

Physio-approved, reliable advice to help you maintain and improve your physical strength. Specifically designed for those suffering with long term health conditions who might be struggling with physical or mental health symptoms.

[Stronger My Way](#)

### Arthritis / Muscular Pain

Versus Arthritis Helpline  
0800 5200 520

[Versus Arthritis information on exercise with arthritis](#)

[Versus Arthritis Let's Move Online Exercise Programme](#)

[Connect Physiotherapy Facebook page](#) – lots of live and recorded videos for types of muscular pain.

### Cancer

[Cancer Research webpage on physical activity](#)

[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 (COVID-19) crisis.





## **COPD/ Respiratory Conditions**

[British Lung Foundation Online Exercise Videos](#)

## **Kidney Disease**

[Kidney Care UK Exercise Information Webpage](#)

[Beam: Online Exercise videos, classes, tips and advice from renal physiotherapists and people living with kidney disease.](#)

## **Diabetes**

[Diabetes & Exercise webpage](#)

## **Mental Health**

[Mental Health Camden Digital collective – collection of digital activities](#)

[MIND webpage on physical activity and mental health](#)

[Healthy Minds in Camden Project – community based courses, workshops and activities.](#)

To join call 0207 241 8996 or email [healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)

## **Long Covid**

[Getting Moving Again | Your COVID Recovery](#)

## **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 Website](#)  
0203 894 4163

## **Stroke**

[Stroke Association: Getting Moving after Stroke webpages](#)

[Stroke Association: My Stroke Guide – 12 week home exercise programme](#)

[Different Strokes – local support groups and online exercise classes](#)

## **Parkinson's**

[Parkinsons UK Exercise at home guide](#)

[Parkinson's UK Exercise at home Youtube Videos](#)

[Reach your peak – physio led online programme for people with mild Parkinson's](#)

## **Multiple sclerosis**

[MS Society webpage on keeping active](#)

## **Cardiovascular Conditions**

[British Heart Foundation information on staying active](#)



## Disability

### Disability Sports Coach

Virtual and face to face physical activity opportunities

[Disability Sports Coach Website](#)

### Camden Disability Action

Advice and advocacy services to help deaf and disabled people to access services and resources.

020 7974 6014

[Camden Disability Action Website](#)

### National Disability Sports Websites

[British Blind Sport Website](#)

[Cerebral Palsy Sport Website](#)

[Wheel Power Website](#)

[UK Deaf Sport Website](#)

[Limb Power Website](#)

[Sense – Complex disabilities charity Website](#)

### Pool Pods Camden

Pool pods are the latest way to access the pool if you are interested in swimming but have limited mobility

[Pool Pod](#)

## Older Adults

[Later Life Youtube Channel](#)

[Central YMCA Youtube](#)

[AGE UK – Being active as you get older webpage](#)

[Chartered Society of physiotherapists webpage on home exercise for older adults](#)

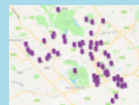
[Love to Move – Dementia Friendly Exercise](#)

[Camden Council Older Adults and physical activity website](#)

[GLL Older Adults Programme](#)

Better leisure centres in Camden offer the Better 55 club including free swimming.

Check out our [Camden Physical Activity Map](#) – find local providers who offer physical activity and use our tabs to find activities for older adults, those with disabilities, children and more!



Have some suggestions for this resource? Contact [Joseph.Daloz@Camden.gov.uk](mailto:Joseph.Daloz@Camden.gov.uk)