



Summary Sheet of Examples of Local and National Opportunities to be Active and Healthy – Rugby Borough (Version up to date as at 01.12.11)

Local Opportunities to be Active and Healthy

Opportunities in the Rugby borough (including **sports and activity clubs**) – visit the Leisure pages at www.rugby.gov.uk/leisure or phone 01788 533721 or 01788 533748 or refer to www.nhs.uk/letsgetmoving

Warwickshire Healthline – not sure who to call?
For access to local health services or a query that isn't an emergency; phone 03000 247 111 (local rate number) or www.warwickshire.nhs.uk/healthline

NHS Choices, your health, your choices, www.nhs.uk and www.nhs.uk/livewell/fitness

NHS Warwickshire, local health services www.warwickshire.nhs.uk

Walking

Walking for Health group walks, www.rugby.gov.uk/rugbyhealthwalks or www.wfh.naturalengland.org.uk/walkfinder or phone 01788 533721

Ramblers groups www.ramblers.co.uk/walksfinder or phone 020 7339 8500

Walking planner/route sites such as www.walkit.com, www.mapmywalk.com and www.walking-routes.co.uk and walking maps can be found at www.walkinginwarwickshire.co.uk/rugby

Walking in Warwickshire , www.warwickshire.gov.uk/walking

Information on short walks, www.walk4life.info

Cycling

Visit www.warwickshire.gov.uk/cycling for information on cycling

Jogging/Running

Route planning sites such as www.mapmyrun.com and Walk, Jog, Run, www.walkjogrun.net and running advice sites such as www.runningforfun.co.uk, Running for Women, www.running4women.com

Ready, Steady, Run, beginner's jogging/running session – for any **women** who are over 16 at the Ken Marriott Leisure Centre, Rugby on Saturday mornings at 9.30am-10.30am, and for **men** at 7.30pm-8.30pm on Thursday evenings. Contact the Family Lifestyle and Active Recreation Officer on 01788 533721 or visit www.rugby.gov.uk/readysteadyrun

Swimming

www.swimming.org for information and advice on swimming and www.swimfit.com to visit a free to use website which provides you with a gym-style programme for the pool

Dance

Dance Champions Directory, find a class near you, www.dancechampions.org

Events

Rugby Events, visit the Rugby leisure webpage link shown to the top left of the page and www.cswsport.org.uk/EventsintheSubRegion for events in Coventry, Solihull and Warwickshire

Opportunities with the focus on people who are 50 and above

Age UK Warwickshire, Fit as a Fiddle programme, www.ageuk.org.uk/health-wellbeing/fit-as-a-fiddle, Keeping Fit page, www.ageuk.org.uk/health-wellbeing/keeping-fit www.ageukwarwickshire.org.uk and go to Community Development and Events section for the Ageing Well, and other programmes, or phone 01926 458117

Green exercise, Active Conservation and Places to visit

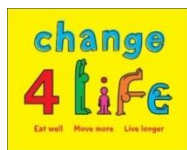
<http://muckin4life.direct.gov.uk> Muck in 4 life, fun, healthy and free environmental activities for all the family

BTCV Green Gym, get active through conservation work, www2.btcv.org.uk/display/greengym or phone the Warwickshire volunteer coordinator on 01926 650 372

Places to visit and enjoy, www.naturalengland.org.uk/ourwork/enjoying/places/default.aspx

National Trust volunteering opportunities, www.nationaltrust.org.uk/main/w-trust/w-volunteering.htm

Warwickshire Wildlife Trust volunteering at www.warwickshire-wildlife-trust.org.uk or phone 024 7630 2912



The partners of this scheme support the Change4life initiative, which aims to get people to eat well, move more and live longer.

Please note that the links that are listed are external sites and not managed by the partners involved in this scheme and so take no responsibility for their contents.

Leisure Centres, Facilities and Parks

Ken Marriott Leisure Centre, Bruce Williams Way, Rugby, including swimming pool and athletics track, 01788 535851, and Active Places, www.activeplaces.com for facilities in the local area

Please note there are other gyms and leisure centres in the Rugby borough too

Parks and Open Spaces, www.rugby.gov.uk/parks

Other Useful Websites

CSW Sport Physical Activity pages, www.cswsport.org.uk/physicalactivity

Change4life, getting people to eat well, move more and live longer, www.nhs.uk/change4life

If you want to find out about opportunities to be active outside of the Rugby borough area then you can visit www.cswsport.org.uk/BeActiveInYourLocalArea