

There are lots of  
**FREE**

**Haringey**  
LONDON

and affordable ways to  
**GET ACTIVE**

in Haringey



Move more live longer  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)



Healthy  
**Haringey**

## Parks and Open Spaces

- Tennis, outdoor gyms, walking, jogging, ball courts, paddling pools, table tennis and much more.

[www.haringey.gov.uk/parks](http://www.haringey.gov.uk/parks)

## Targeted Referral Programmes

- Talk to your GP about whether you qualify or not - GP Referral and Cardiac, Stroke and Cancer Rehabilitation.

0208 885 7307

More information at [afl@fusion-lifestyle.com](mailto:afl@fusion-lifestyle.com)

## Silverfit

- Silverfit provides fitness sessions for the over 45s. Sessions take place on Tuesdays at 10.30am at Lordship Hub, Lordship RecOff Higham Road, Tottenham London, N17 6NU. You can choose from yoga, badminton, cheerleading and walking.

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

## Free Guided Health Walks

- Variety of start times and places. Walks approximately 30 minutes of a fairly easy pace around your local area.

0208 885 7307

More information at [afl@fusion-lifestyle.com](mailto:afl@fusion-lifestyle.com)



## Affordable Leisure Centres

- Discounts available for concessions who are Haringey residents including **free access for 65+ Monday to Friday 9am to 5pm.**
- Also free for registered carers accompanying the person they are caring for.

[www.haringey.co.uk/leisurecentres](http://www.haringey.co.uk/leisurecentres)

## Better with Age

(targeted at 50+ but no age restriction)

- Tottenham Green Pools and Fitness, N15 4JA - Friday's 9.30am to 12.30pm - Loads of activities (gym, swimming, badminton, aerobics, racketball etc) on offer for 1 price. Concessions prices available and choice and 65+ members free. Free refreshments.
- Now at other centres.
- More information: [haringey-scd@fusion-lifestyle.com](mailto:haringey-scd@fusion-lifestyle.com)

## Gardening and Green Gyms

[www.tcv.org.uk/london/haringey](http://www.tcv.org.uk/london/haringey)

## Back to Netball

- Lots of affordable sessions around the borough - Call Sophie.

07872 407213

[sophie.johnson@englandnetball.co.uk](mailto:sophie.johnson@englandnetball.co.uk)

## One You Haringey

- One You Haringey provides a free lifestyle and wellbeing service that helps residents manage their weight, stop smoking, drink more moderately, become more physically active and have a health check up.

0208 885 9095

[info@oneyoutharingey.org](mailto:info@oneyoutharingey.org)

[www.oneyoutharingey.org](http://www.oneyoutharingey.org)



## Dance, Exercise and Movement

[www.haringey.gov.uk/dance](http://www.haringey.gov.uk/dance)

## Sport and Physical Activity Opportunities for People with Disabilities

- A variety of activities on offer from various organisations catering for different disabilities.

[www.haringey.gov.uk/inclusion](http://www.haringey.gov.uk/inclusion)

## Tennis

- Tennis for Free: coached session, Saturdays 11am to 1pm in Priory Park.
- Turn up and play for free in these parks: Priory Park, Stationers Park, Downhills Park, Down Lane Park, Chapmans Green and Chestnuts Park.
- Haringey Adult Tennis League - [www.localtennisleagues.com/haringey](http://www.localtennisleagues.com/haringey)



## Haringey Walks

- Join our campaign to promote Haringey as a walking friendly borough. [www.haringey.gov.uk/haringeywalks](http://www.haringey.gov.uk/haringeywalks)



## Jogging Networks

- Park Run – free timed 5K run every week at Finsbury Park and Alexandra Park.
- Other jogging groups. [www.parkrun.org.uk](http://www.parkrun.org.uk) [www.londonathletics.org/takepart](http://www.londonathletics.org/takepart)

## Swimming Lessons for Beginners

- Every Wednesday 6-7pm at Tottenham Green pools.
- Only £10 for 10 sessions. Register at [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)

## GoodGym

- You get fit and give something back to the community at the same time!
- Combines running, getting fit and volunteering within a 1.5 hour session. Meet every Wednesday at 6.45pm at Tottenham Green Pools and Fitness, N15 4JA. [www.goodgym.org](http://www.goodgym.org)

## Move4You after cancer exercise scheme

- Free 12 week exercise referral programme for people living with or who have beaten cancer. [ace@tottenhamhotspur.com](mailto:ace@tottenhamhotspur.com)

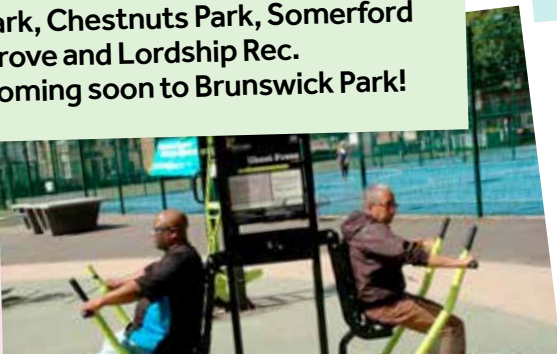
**FREE outdoor gyms at Ducketts Common, Finsbury Park, Downhills Park, Chestnuts Park, Somerford Grove and Lordship Rec. Coming soon to Brunswick Park!**

## Sport

- To find a sports opportunity near you, go to: [www.getactivelondon.com](http://www.getactivelondon.com)





## Cycling Opportunities

- Book a free organised ride, free training, or a free cycle maintenance course to learn how to look after your bike. Check out free bike servicing with Dr. Bike. [www.haringey.gov.uk/smartertravel](http://www.haringey.gov.uk/smartertravel)



**Need more information? Email: [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)**

# Physical activity benefits for adults and older adults

-  **BENEFITS HEALTH**
-  **IMPROVES SLEEP**
-  **MAINTAINS HEALTHY WEIGHT**
-  **MANAGES STRESS**
-  **IMPROVES QUALITY OF LIFE**

**REDUCES YOUR CHANCE OF**

Type II Diabetes	<b>-40%</b>
Cardiovascular Disease	<b>-35%</b>
Falls, Depression and Dementia	<b>-30%</b>
Joint and Back Pain	<b>-25%</b>
Cancers (Colon and Breast)	<b>-20%</b>

## What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

**Be Active**

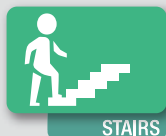
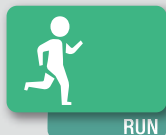
**Sit Less**

**Build Strength**

**Improve Balance**

**VIGOROUS**

**MODERATE**



**MINUTES PER WEEK**

**75 OR 150**

**VIGOROUS INTENSITY**  
(BREATHING FAST  
DIFFICULTY TALKING)

**MODERATE INTENSITY**  
(INCREASED BREATHING  
ABLE TO TALK)

**OR A COMBINATION OF BOTH**

**BREAK UP SITTING TIME**



**2 DAYS PER WEEK**

Something is better than nothing.

Start small and build up gradually: just 10 minutes at a time provides benefit.

**MAKE A START TODAY: it's never too late!**