

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)

**NHS**

**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)

## Swimming Lessons for Beginners

- Every Wednesday 6-7pm at Tottenham Green pools.
- Only £10 for 10 sessions.

Register at [tottenham.active@haringey.gov.uk](mailto:tottenham.active@haringey.gov.uk)

## Silverfit

- Silverfit provides fitness sessions for the over 45s. Sessions take place on Tuesdays at 10.30am at Lordship Rec, Lordship Lane N17. You can choose from yoga, badminton, cheerleading and walking.

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

## 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.

## 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@oneyouharingey.org](mailto:info@oneyouharingey.org)

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



## 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)

## 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/leisure](http://www.haringey.co.uk/leisure)

## Gardening and Green Gyms

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

## 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)

## 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

- Affordable coached session at Bruce Castle Park, Sunday: 10.30am to 12.30pm.
- 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)

## 'Your Pace No Race' and other Jogging Networks

- Your pace no race – every last Sunday of the month at Lordship Rec Eco Hub from 11am. (The race where no-one comes last!)
- Park Run – free timed 5K run every week at Finsbury Park and Alexandra Park.

[www.parkrun.org.uk](http://www.parkrun.org.uk)  
[www.londonathletics.org/takepart](http://www.londonathletics.org/takepart)

## 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)

## FREE outdoor gyms at Ducketts Common, Finsbury Park, Downhills Park, Chestnuts Park, Somerford Grove and Lordship Rec.



## Get into Fitness

- Introduction to exercise focusing on core muscles and preparation for regular workouts every Friday 1.30-2.30pm at Tottenham Green Pools and Fitness, N15 4JA.
- £1 per session, 50p concessions.
- More information at [getactive@haringey.gov.uk](mailto:getactive@haringey.gov.uk)

## Macmillan after cancer exercise scheme

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

## 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**



RUN



WALK



SPORT



CYCLE



STAIRS



SWIM



TV



SOFA



COMPUTER



GYM



YOGA



CARRY BAGS



DANCE



TAI CHI



BOWLS

**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!**