

ARE YOU AGED 40-74?

- Have you had an NHS health check recently?
- Have you been told that you are at risk of cardiovascular disease?
- Are you thinking about taking more exercise?
- If so, the CPAL programme has been designed for you

Activities in the
Sedgefield Area



CPAL HELPS YOU:

- Be active at a level you can manage with people at the same level as you
- Receive advice and support to help keep you motivated
- Check out the programmes available at locations near to you

Find out more by visiting

www.countydurhamsport.com

CPAL on **facebook**: www.facebook.com/fbcpal





Activities in the Sedgefield Area

CPAL programmes in your local area offer a range of fun, enjoyable opportunities to help you be more physically active. There are many different activities to choose from to suit everyone:

Cardi-Back

Get *back* to doing what you enjoy... A unique supervised programme aimed at:

- Decreasing lower back pain
- Improving fitness
- Reducing cardiovascular disease

Contact: **Cardi-Back Team, 0191 372 9821, info@platinumppt.co.uk**

Explore Rowing

You don't have to be Steve Redgrave to enjoy a trip on the river! Rowing's great exercise and everyone can enjoy it.

- 10 week Learn to Row course using new stable boats designed for beginners
- After the course, take up recreational rowing
- No experience necessary

Contact: **Mike Hughes, 07740 123 509, explorerowing@gmail.com**

Rugby Football Union – Fit to Ref

Get involved in touch judging and refereeing in junior and senior rugby. Support includes:

- Refereeing qualification
- Provision of kit
- Mentoring and coaching

Contact: **Will Halford, 07894 790 340 willhalford@rfu.com**



Sedgefield 75

Sedgefield 75 Swimming Club will run sessions at Aycliffe Leisure Centre offering:

- Structured swimming sessions
- Coaching from qualified coaches
- Opportunity to take part in swim/bike or swim/walk programme

Contact: **Julie Walker, 01325 251 732**
jjm.walker99@ntlworld.com

Get Active Get Cycling

Take part in a variety of cycling opportunities including:

- Weekly cycle rides
- Family healthy cycle rides
- Don't worry if you don't have a bike of your own

Contact: **Steven Hart, 0191 569 2847**
steven.hart@nhs.net

Wellness on Wheels

Wellness on Wheels (WOW) offers:

- Free mobile fitness trailer in your community
- State-of-the-art equipment
- Health and food advice from professionals

Contact: **Julie Lavery, 0191 372 9160**
julie.lavery@durham.gov.uk

Run England

Join us for a run in County Durham:

- Local groups to suit all abilities
- Qualified leaders to offer support and advice
- Fun, friendly sessions

Contact: **Sarah Beadle, 07921 060 301**
sbeadle@englandathletics.org

Active Choices – Health Trainers

Active Choices aims to support people to lead a healthier lifestyle. Health trainers can provide 1-2-1 support to help you:

- Set and achieve health goals
- Increase physical activity levels
- Improve diet and nutrition

Contact: **Bev Gent, 01325 321 234**
healthtrainers@pcp.uk.net



DanceFit

DanceFit offers you the chance to:

- Take part in fun and social dance activity (no partner required)
- Join taster sessions leading to local groups
- Increase confidence and self-esteem

Contact: **Beth Ainsley**

dance@nouveaufitness.co.uk

Community Lifestyle Project

Tailored support includes:

- Individualised physical activity plans
- Signposting to local activity opportunities
- Ongoing motivational support

Contact: **Kirk Walker, 07584 703 812**

kirk.walker@durham.gov.uk

swimActive

swimActive aims to encourage more people to visit their local swimming pool. Take part at Spennymoor Leisure Centre and Newton Aycliffe Leisure Centre:

- Take to the water and be physically active and healthier
- Take part in aquatic activities including swim fit and aqua aerobics
- Boost your water confidence with swimming lessons

Contact: **Spennymoor Leisure Centre, 01388 815 827 or Newton Aycliffe Leisure Centre, 01325 300 500**

See: **www.durhamswimactive.org.uk**

Get Walking Keep Walking

Get Walking Keep Walking offers:

- Free locally based walking programmes including led walks & independent walking
- Short walks at an easy pace
- Free Get Walking pack and stepometer

Contact: **Marianne Patterson, 07757 119 497**
marianne.patterson@ramblers.org.uk