

Join now - simply search Change4Life online or call 0300 123 1502\*



- Top tips:**
- We're not talking expensive gym memberships or daily football matches. No. Being active is about introducing regular exercise into your lifestyle. It can have some great benefits - not just to your physical wellbeing, but to your family and social lives too.
- 1. Set goals** Make sure they're personal and realistic - take into account what kind of activity you'd enjoy doing and when you'd want to do it. Our top tip is to write your goals down in detail, and then share them with someone, so they can help to motivate you to achieve them.
  - 2. Keep an activity diary** You'd be surprised how much you do already, so keep a log and you might even find it a great way to get you motivated and to do that little bit extra. Why not set yourself physical activity challenges? Download our goal setting sheet and printable activity diary at [www.active-norfolk.org/physicalactivity](http://www.active-norfolk.org/physicalactivity)
  - 3. Get in touch** We're here to help. For loads more information about building activity into your life and to search for activities in your local areas, check out [www.active-norfolk.org/physicalactivity](http://www.active-norfolk.org/physicalactivity). Or, if you have any questions, call us on **01603 732333** or email us at [getactive@activenorfolk.org](mailto:getactive@activenorfolk.org) and we'll do our best to help.

Advice for adults

# get active



## Why should I get active?

Usually, getting active starts with a personal reason: losing weight, taking up a sport and so on. But there are also some fundamental benefits you'll feel from exercise. It lowers your blood pressure. It gives you more energy. It can also help you meet people and ultimately feel a lot happier.

## What do you mean by regular exercise?

All you have to do is build up just half an hour of moderate physical activity for five days every week. It doesn't all have to be at once either, it can be an accumulation of minutes. So, a fast walk instead of taking the bus counts towards it. As does a bit of gardening, or even upping the tempo of your housework!

## What do you mean by 'moderate' activity?

After 'moderate' activity, you should be able to talk, but you'll notice that your breathing is quicker and deeper, your body is warming up, your face may have a healthy glow, and your heart will be beating faster than normal (but not racing).

stick me  
on the  
fridge

## Facilities in Breckland

Dereham Leisure Centre  
Station Road, Dereham, Norfolk  
NR19 1DF Tel: **01362 693419**

● Swimming pool ● Studio ● Sportshall ● Indoor bowls

Breckland Leisure Centre & Waterworld  
Croxtan Road, Thetford, Norfolk  
IP24 1JD Tel: **01842 753110**

● Swimming pool ● Studio ● Sportshall ● Indoor bowls

Swaffham Leisure Centre  
Brandon Road, Swaffham, Norfolk  
PE37 7DY Tel: **01760 724046**

● Studio ● Squash courts ● Sportshall

Attleborough Sports Hall  
Queens Square, Attleborough, Norfolk  
NR17 2AF Tel: **01953 454116**

● Studio ● Sportshall

Watton Sports and Social Club  
Dereham Road, Watton, Norfolk  
IP25 6EZ Tel: **01953 881281**

● Sportshall ● Squash courts ● Football pitches

## Get Back Into

Do you ever wish you could get back into that active lifestyle you used to have – but feel you have lost touch with sport and find it hard to be more active?

Get Back Into courses are a gentle introduction back into activities including golf, badminton and netball. To find out more visit

**[www.activenorfolk.org/getbackinto](http://www.activenorfolk.org/getbackinto)**  
or call **01603 697011**

## Activity Referral Scheme

This is a physical activity scheme which enables health professionals to recommend a course of activity for you to gain maximum health benefits. Participating facilities are Dereham Leisure Centre and Thetford Leisure Centre. Don't forget... you need to be referred by a health professional.

## Fit Together

Fit Together is a health walks and activity programme that encourages increased activity and a healthier lifestyle. For more information in your area call **01842 757351** or visit **[www.activenorfolk.org/fittogether](http://www.activenorfolk.org/fittogether)**

## Thetford Healthy Towns

Thetford has achieved Healthy Town Status and has devised a programme of individual projects and schemes to make it easier for people to be more active and eat well for a healthier future. To find out what's going on visit **[www.thetfordhealthytown.co.uk](http://www.thetfordhealthytown.co.uk)** or email **[enquiries@thetfordhealthytown.co.uk](mailto:enquiries@thetfordhealthytown.co.uk)**

## Dance in Breckland

There are a great variety of dance schools and recreational classes taking place in the district. To find out what is taking place near you please email **[leisure@breckland.gov.uk](mailto:leisure@breckland.gov.uk)** or call **01362 656870**.

## Active Norfolk Village Games

Breckland will host a competition in which villages battle it out across a variety of sports including badminton, archery and rounders to be crowned the best in their district.

The project also offers villages the opportunity to stage road shows on their greens and in their halls to give the villagers a chance to try out new sports with the potential for ongoing coached sessions for those sports that are popular.

The first Norfolk Village Games will be held in 2011 where the winners from the districts will compete to be crowned the first Norfolk Champions. For more information call Amy East on **01603 731566** or email **[amy.east@activenorfolk.org](mailto:amy.east@activenorfolk.org)**

Get more out of getting active. Visit **[www.activenorfolk.org/physicalactivity](http://www.activenorfolk.org/physicalactivity)**