

Want a free exercise session near you?



**Get moving and get active
with 'Active for Health'**

Call **0800 587 5833** or visit
www.livewellgreenwich.org.uk





What is ‘Active for Health’?

‘Active for Health’ offers a range of free physical activity sessions to adults over 50 who are Greenwich residents or who are registered with a Royal Greenwich GP and are interested in becoming more active. Activities are delivered by qualified and experienced instructors in accessible community venues across the borough.

What can physical activity do for me?

Getting and staying active has many benefits including:

- Increasing your energy, feelings of well-being and self-confidence.
- Reducing stress and anxiety and improving sleep patterns.
- Managing your weight and blood pressure.
- Reducing your risk of coronary heart disease, diabetes and some cancers.
- Lowering your risk of developing osteoporosis.
- Helping manage existing health conditions.
- Improving your mobility, strength and balance.

How can I become more active?

It's easier than you think to become more active. The first step is to build more activity into your daily routine.

Try to reduce the amount of time you spend sitting down; try to be active every day. Being active means getting your heart rate up, feeling warmer (perhaps even breaking into a light sweat) and making your lungs work harder.

Try building activity in to your daily routine. Every 10 minutes counts. Start small and build up to 150 minutes a week. Some examples of how you can fit activity into your daily life include:

- Try walking to the shops instead of using the car
- Get off a bus stop or two early
- Use the stairs rather than the lift or escalators
- Go walking with the dog or children
- Cycle with friends and family
- Do a spot of spring cleaning or gardening
- Go for a swim
- Explore your local parks and open spaces

If local community groups want help setting up an exercise programme we can also offer support and advice.



To find out more or to discuss which session would be most suitable for you call free on **0800 587 5833** or email sarah.crossman@royalgreenwich.gov.uk

Sessions on offer

Exercise to Music



Gentle routines to music and exercises to improve stamina, strength and flexibility.

Fitness for 50+



Simple easy to follow exercises to improve stamina, strength and flexibility.

Sit and Get Fit



Gentle chair based exercise to improve strength, flexibility, and maintain independence.

Staying Strong and Steady



An exercise session to improve balance and prevent falls using strength, co-ordination and balance exercises with standing and seated options. If you are having concerns about your balance and are falling regularly, speak to your GP as you may benefit from a referral to the Community Assessment and Rehabilitation team.

Line Dancing



Fun routines to popular music.
No partner or experience necessary.

Nordic Walking



Using walking poles working your upper body as well as your legs, making your walk twice as effective. Equipment provided.

Strength, Stretch and Relax



Simple exercises to improve your muscle strength, flexibility and help you relax. Standing or seated options.

Tai Chi



Ancient Chinese exercise for improving balance, strength and co-ordination, as well as promoting overall health and well-being.

Tai Chi (Chair based) includes gentle movements, especially suitable for people with long-term health conditions and reduced mobility.

Women Only Exercise and Movement



Female exercise tutor will lead a simple exercise and movement session to improve strength, flexibility and your health. No music is used in these sessions.

Level 1: Mostly seated

Level 2: Seated and standing

Level 3: Mostly standing

Level 4: Active movers



Take part in our free health walks across the Royal Borough of Greenwich with no experience required.

Greenwich Get Walking offer FREE health and fitness walks all around the borough. If you are interested in taking part in any of these walks please visit www.greenwichgetactive.com or contact Ollie Golding at ollie.golding@cact.org.uk or call 07972 668657



Timetable

Monday		
Tai Chi (Mixed Ability) Level 2	Slade Hall, Pendrill Street, Plumstead, SE18 2QQ	9.15 - 10.15am
Exercise to Music Level 4	Anstridge Hall, Anstridge Road, New Eltham SE9 2LL	9.30 - 10.30am
Exercise to Music Level 3-4	Glyndon Community Centre, Raglan Road, Plumstead SE18 7LB	9.45 - 10.45am
Exercise to Music Level 4	Trinity Centre, Burrage Road, Plumstead SE18 7JW	10.00 - 11.00am
Staying Strong and Steady Level 2	Clockhouse Community Centre, Defiance Walk, Woolwich Dockyard, SE18 5QL	10.00 - 11.00am

Monday

Tai Chi (Chair Based) Level 2	Slade Hall, Pendrill Street, Plumstead, SE18 2QQ	10.30 - 11.30am
Exercise to Music Level 4	Anstridge Hall, Anstridge Road, New Eltham SE9 2LL	10.45 - 11.45am
Fitness 50+ Level 4	Glyndon Community Centre, Raglan Road, Plumstead SE18 7LB	11.15 - 12.15pm
Staying Strong and Steady Level 1	Lionel Road Community Centre, Westhorpe Avenue, Eltham SE9 6DH	1.15 - 2.00pm
Staying Strong & Steady Level 2	Lionel Road Community Centre, Westhorpe Avenue, Eltham SE9 6DH	2.15 - 3.15pm
Fitness 50+ Level 4	Abbeywood Community Centre 4 Knee Hill, Abbeywood SE2 0YS	2.30 - 3.30pm

Tuesday

<p>Sit & Get Fit Level 1</p>	<p>Minnie Bennett House, 164 Shooters Hill Road, London SE3 8RW</p>	<p>10.00 - 10.45am</p>
<p>Strength, Stretch and Relax Level 2</p>	<p>New Wine Church, Gateway House, John Wilson Street, Woolwich, SE18 6QQ</p>	<p>11.00 - 12.00pm</p>
<p>Sit & Get Fit Level 1</p>	<p>Bill Walden House, Wellington Street, London SE18 6PY</p>	<p>11.30 - 12.15pm</p>
<p>Line Dancing Level 4</p>	<p>Broadwater Village Hall, Goosander Way, West Thamesmead SE28 0ER</p>	<p>12.30 - 1.30pm</p>
<p>Fitness for 50+ Level 4</p>	<p>Alexander Hall, United Reformed Church, Bramshott Avenue, Charlton SE7 7HX</p>	<p>12.30 - 1.30pm</p>
<p>Tai Chi (improvers) Level 3</p>	<p>Glyndon Community Centre, Raglan Road, Plumstead SE18 7LB</p>	<p>1.45 - 2.45pm</p>
<p>Sit & Get Fit Level 1</p>	<p>Lakeview Court, Thamesmead Central, London, SE28 8GL</p>	<p>2.00 - 3.00pm</p>
<p>Line Dancing Level 4</p>	<p>Lionel Road Community Centre, 540 Westhorpe Avenue, Eltham SE9 6DH</p>	<p>2.00 - 3.00pm</p>
<p>Tai Chi (beginners) Level 3</p>	<p>Glyndon Community Centre, Raglan Road, Plumstead SE18 7LB</p>	<p>3.00 - 4.00pm</p>
<p>Staying Strong and Steady</p>	<p>Bentham House, 2-4 Station Way, Woolwich Arsenal, SE18 6FJ</p>	<p>3:30 - 4:30pm</p>

Wednesday

<p>Sit & Get Fit Level 1</p>	<p>Beecham Close, St Alfege Road, Charlton SE7 8JA</p>	<p>11.00 - 11.45am</p>
<p>Nordic Walk Level 4</p>	<p>Charlton House, Charlton Road, Charlton SE7 8RE</p>	<p>12.00 - 1.00pm</p>
<p>Tai Chi (improvers) Level 3</p>	<p>Coldharbour Community Centre, William Barefoot Drive, Eltham SE9 3AY</p>	<p>1.00 - 2.00pm</p>
<p>Tai Chi (intermediate) Level 3</p>	<p>Progress Hall Admiral Seymour Road Well Hall, Eltham SE9 1SL</p>	<p>1.00 - 2.00pm</p>
<p>Strength, Stretch and Relax Level 2</p>	<p>Clockhouse Community Centre Defiance Walk Woolwich Dockyard SE18 8BL</p>	<p>1.30 - 2.30pm</p>
<p>Tai Chi (beginners) Level 3</p>	<p>Coldharbour Community Centre, William Barefoot Drive, Eltham SE9 3AY</p>	<p>2.15 - 3.15pm</p>
<p>Tai Chi (beginners) Level 3</p>	<p>Progress Hall Admiral Seymour Road Well Hall, Eltham SE9 1SL</p>	<p>2.15 - 3.15pm</p>
<p>Line Dancing Level 4</p>	<p>C2K, 2 Penmon Road, Abbey Wood SE2 9PH</p>	<p>2.30 - 3.30pm</p>

Thursday

Sit and Get Fit	St Mary's Community Centre, 180 Eltham High Street, Eltham SE9 1BJ	9:30 - 10.15am
Line Dancing Level 4	Coldharbour Community Centre, William Barefoot Drive, Eltham SE9 3AY	9.45 - 10.45am
Fitness for 50+ Level 4	Clockhouse Community Ctre, Defiance Walk, Woolwich Dockyard, SE18 5QL	10.00 - 11.00am
Fitness for 50+ Level 4	Trinity Centre, Burrage Road, Plumstead SE18 7JW	11.00 - 12.00pm
Sit & Get Fit Level 1	Southend House, 141 Footscray Road, Eltham SE9 2TA	11.30 - 12.15pm
Sit & Get Fit Level 1	Progress Hall, Admiral Seymour Road, Well Hall, SE9 6SN (In association with Irish Community services)	12.00 - 12.45pm

Thursday

<p>Tai Chi (Mixed Ability) Level 3</p>	<p>Anstridge Hall, Anstridge Road, New Eltham SE9 2LL</p>	<p>12.15 - 1.15pm</p>
<p>Sit & Get Fit Level 1</p>	<p>Strand Court. 33 Strandfield Close, Plumstead, London SE18 1LB</p>	<p>12.45 - 1.30pm</p>
<p>Strength, Stretch and Relax Level 2</p>	<p>New Wine Church, Gateway House, John Wilson Street, Woolwich SE18 6QQ</p>	<p>1.15 - 2.15pm</p>
<p>Nordic Walking Level 4</p>	<p>Meet outside cafe, Avery Hill Park, Avery Hill Road, Eltham, SE9</p>	<p>1.30 - 2.30pm</p>
<p>Line Dancing Level 4</p>	<p>St Mark's Church Hall, 22 Greenwich South Street, Greenwich, SE10 8TY</p>	<p>2.00 - 3.00pm</p>

Friday

<p>Nordic Walking Level 4</p>	<p>Meet outside Woolwich Library entrance, Love Lane, Woolwich SE18 6HQ</p>	<p>9.45 - 10.45am</p>
<p>Line Dancing Level 4</p>	<p>Trinity Centre, Burrage Road, Plumstead SE18 7JW</p>	<p>9.30 - 10.30am</p>
<p>Exercise to Music Level 4</p>	<p>Coldharbour Community Centre, William Barefoot Drive, SE9 3AY</p>	<p>9.45 - 10.45am</p>
<p>Women Only Exercise & Movement Level 4</p>	<p>Glyndon Community Centre, Raglan Road, Plumstead SE18 7LB</p>	<p>10.00 - 11.00am</p>
<p>Tai Chi (Mixed Ability) Level 3</p>	<p>Abbeywood Community Centre, 4 Knee Hill, Abbeywood, SE2</p>	<p>10:00 - 11:00am</p>
<p>Line Dancing Level 4</p>	<p>Trinity Centre, Burrage Road, Plumstead SE18 7JW</p>	<p>10.45 - 11.45am</p>

Friday

Exercise to Music Level 4	Coldharbour Community Centre, William Barefoot Drive, SE9 3AY	11.00 - 12.00pm
Sit & Get Fit Level 1	Sikh Temple, Masons Hill, Woolwich SE18 6EJ	11.30 - 12.30pm
Fitness 50+ Level 4	Progress Hall, Admiral Seymour Road, Well Hall, Eltham SE9 6SN	1.00 - 2.00pm
Fitness 50+ Level 4	Bentham House, 2-4 Station Way, Woolwich Arsenal, SE18 6FJ	2.00 - 3.00pm
Fitness 50+ Level 4	Progress Hall, Admiral Seymour Road, Well Hall SE9 6SN	2:15 - 3:15pm

Level 1: Mostly seated

Level 2: Seated and standing

Level 3: Mostly standing

Level 4: Active movers



ROYAL *borough of*
GREENWICH

Public Health and Wellbeing

The Woolwich Centre

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London SE18 6HQ

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www.royalgreenwich.gov.uk