

Online resources

Universal Class

Courses on healthy lifestyle including yoga, diet and nutrition are available on the online portal free of charge if you have Hillingdon First Card.

<https://hillingdon.universalclass.com/>

Strength and Flex exercise plan:

www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/

NHS home workout videos:

www.nhs.uk/better-health/get-active/home-workout-videos/

Visit NHS fitness studio for online information and videos:

www.nhs.uk/conditions/nhs-fitness-studio/

www.nhs.uk/live-well

One stop online information portal about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.

ORCHA Apps

Download apps from the online store for a better control on your wellbeing.
nwlhealthapps.orch.co.uk/

A lot of information on improving your cardiovascular health, managing weight, healthy living is available online.

www.bhf.org.uk

<https://www.nhs.uk/conditions/cardiovascular-disease/>

Email nhsnwlccg.spreferral@nhs.net to contact Social Prescribing Service or talk to your GP surgery.



Celandine Health & MetroCare Primary Care Network

Social Prescribing Service

Physical Activities for Health & Wellbeing

Things that will improve your cardio-vascular health.....

- Physical activity
- Balanced diet
- Healthy weight

Talk to Social Prescribers to connect with local activity groups and online resources.

Improving Cardio Vascular Health

Walking for better

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier. You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.

Being Active

Led walks by Hillingdon Council

Increase your heart rate and improve your health and wellbeing with free led walks. It's a great way to meet people and explore Hillingdon's beautiful green spaces.
www.hillingdon.gov.uk/led-walks

Join a ramblers group

Hillingdon Ramblers offer a range of walks. These walks are great way to keep physically active, make new contacts and connect with nature.
www.ramblers.org.uk/hillingdon

Trim trails (outdoor gyms): Keep fit with outdoor gyms which are located across the borough. www.hillingdon.gov.uk/outdoorgyms

Let us know if you need help with using the equipment.

Green Gym

A great way to keep fit, feel connected to nature, learn new skills and socialise outdoors. Fun and free practical nature conservation tasks all year round to care for our local green space
Contact Senior Project Officer Sarah
Mob: 07801686014 Email: gg-uxbridge@tcv.org.uk
www.tcv.org.uk/london/green-gym-london/uxbridge-green-gym/

Activity and Fun – Walking Football

Hillingdon Council's Walking Football sessions help everybody stay healthy and active. The sessions are free to attend. Sessions for men, women and girls and for family.

To book a space, please email sdurner@hillington.gov.uk
<https://www.hillingdon.gov.uk/walking-football>

Courses by Hillingdon Adult Learning Team

A range of wellbeing courses are available on wellbeing including yoga and healthy lifestyle.

Visit them online at <https://www.hillingdon.gov.uk/adult-courses> OR get a free copy of course brochure in one of the adult learning centres or at your local library. You may contact social prescriber at your GP practice to arrange a referral.

Activities for elderly

- **Chairobics:** Low-impact chair-based exercise classes, which take place in a safe and friendly environment. This is a full aerobic fitness session that works on strength, flexibility, coordination and stamina. Sessions are free and are open to residents aged 65 and over. www.hillingdon.gov.uk/chairobics
- **Dances :** Free desi, line and tea dances are suitable for beginners, intermediate dancers and those who just want to enjoy the atmosphere. Open to residents aged 65+ (with a Hillingdon First card) and up to 2 guests. www.hillingdon.gov.uk/dances
- **Ageing Well Clubs** by Age UK at various locations in Hillingdon. Contact 0208 589 006 for more details.