



VALE ON THE MOVE



PHYSICAL ACTIVITY INFORMATION & IDEAS

VALE of GLAMORGAN



BRO MORGANNWG

The document is available in Welsh.
Mae'r ddogfen hon ar gael yn Gymraeg.

VALE ON THE MOVE

Lots of Reasons to get Moving!

There are many benefits of being physically active for both children and adults. Take a look at this video that explains why developing basic skills are so important for children: <https://www.sport.wales/content-vault/physical-literacy/>. Being active as an adult and older adult can help keep you healthy, improve sleep, maintain a healthy weight, make you feel good, and keep you steady on your feet as you age, and much more.

Children	Adults	Older Adults
<p>Bone Health</p> <p>Cognitive function</p> <p>CV fitness</p> <p>Muscle fitness</p> <p>Weight status</p> <p>Depression</p> 	<p>All-cause mortality</p> <p>Stroke and heart disease</p> <p>Hypertension</p> <p>Type 2 diabetes</p> <p>8 cancers</p> <p>Depression</p> <p>Cognitive function</p> <p>Dementia</p> <p>Quality of life</p> <p>Sleep</p> <p>Anxiety/depression</p> <p>Weight status</p> 	<p>Falls</p> <p>Frailty</p> <p>Physical function</p> 

Activities for everyone....

Everyone including disabled persons has a different level of ability and will move in their own unique way. We encourage families and adults to use the information as guidelines but understand that not everyone will be able to perform all of the movements. We would recommend focusing on what you/your child can do, in relation to each movement and adapt the movements to suit the person's functional ability. Remember to always work at your own level and seek advice if under medical supervision, consult a medical professional before starting activity.

Physical activity for early years

(birth – 5 years)

Active children are healthy, happy, school ready and sleep better



Every movement counts

Aim for at least
180 Minutes per day
for children 1-5 years



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP



DANCE



GAMES



PLAY

Under-1s

at least
30 minutes
across the day



TUMMY TIME



OBJECT PLAY



SWIM



WALK



SCOOT



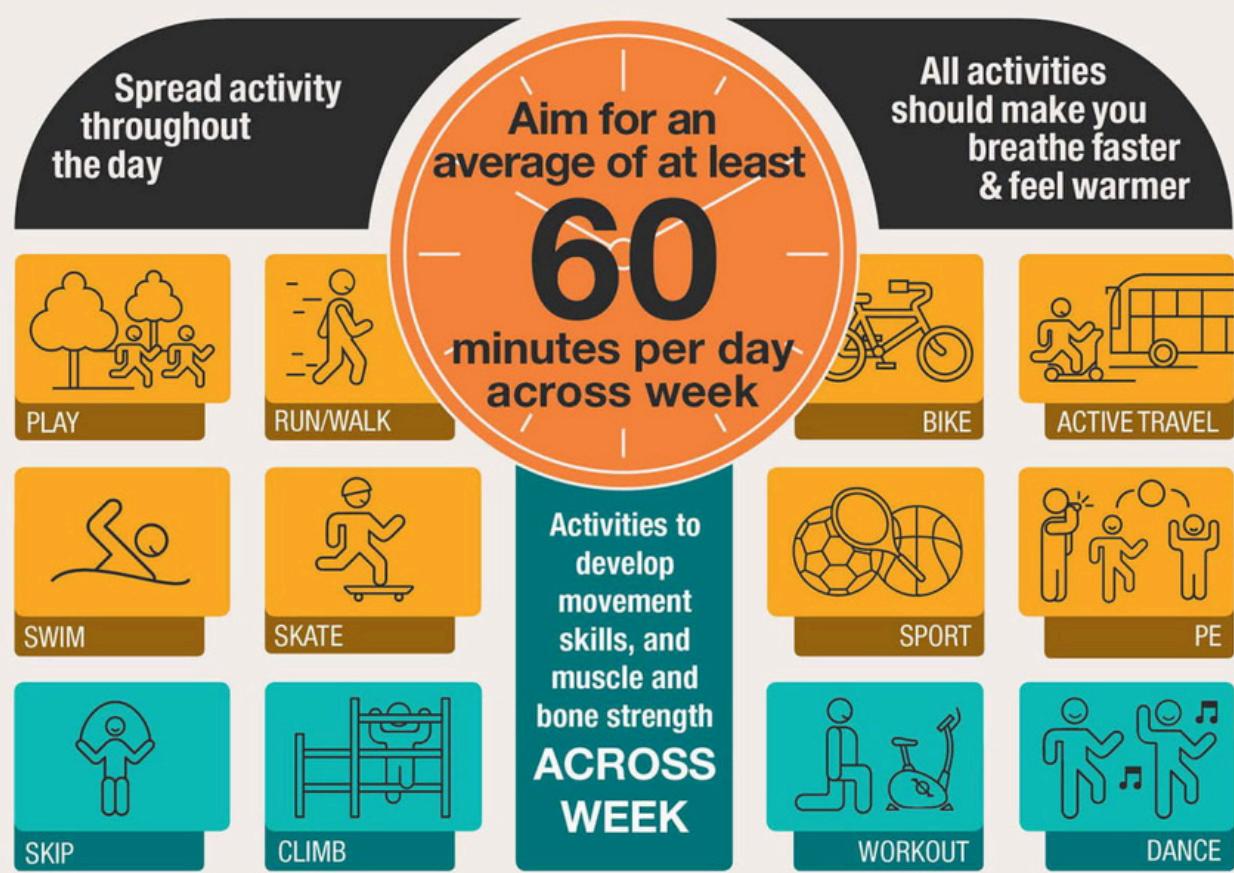
BIKE

Get Strong. Move More. Break up inactivity

Physical activity for children and young people (5–18 Years)



Be physically active



Get strong



Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

Physical activity 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	-40%
	Cardiovascular disease	-35%
	Falls, depression etc.	-30%
	Joint and back pain	-25%
	Cancers (colon and breast)	-20%

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

Be active

at least
150

minutes
moderate intensity
per week
increased breathing
able to talk



OR

or a combination of both

at least
75

minutes
vigorous intensity
per week
breathing fast
difficulty talking



**Build
strength**

on at least
2 days a week

Gym

Carry heavy
bags

Yoga



Minimise sedentary time

Break up periods of inactivity



For older adults, to reduce the
chance of frailty and falls

Improve balance

2 days a week

Physical Activity

for Disabled Adults

Make it a daily habit



Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:

Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity

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Links to help you be more active - Adults and young people

The following activity links will give you some ideas to be active - at no cost / low cost



Get active - Better Health

Take steps to improve your health. Move more everyday with easy tips, support and special offers from Better Health.

nhs.uk

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



www.parkrun.org.uk



**Wales National Exercise
Referral Scheme (NERS)**
Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru

We are the National Exercise Referral Scheme (NERS) team who work in the Vale of Glamorgan in South Wales. We are trying to help clients be more active to help with their currently physical, mental and social health in a fun and inspiring way during difficult times.

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Exercise-Referral



Legacy Leisure works in partnership with your Local Authority
Legacy Leisure yn gweithio mewn partneriaeth âch Awdurdod Llool



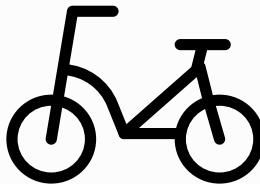
Leisure Centres in the Vale

Information relating to the leisure centres in the Vale including memberships, opening times, prices, swimming times, fitness classes and more can now be found on the Parkwood Community Leisure website.

Barry Leisure Centre | Colcot Sports Centre | Cowbridge Leisure Centre

Llantwit Major Leisure Centre | Penarth Leisure Centre

www.leisurecentre.com



Inclusive led bike rides for women!

Breeze offers fun, free, inclusive led bike rides
for women of all abilities across the UK.

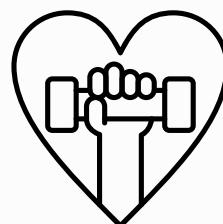


www.letsride.co.uk/breeze



Valeways is an independent volunteer run charity in the Vale of Glamorgan created to:

- Promote health and wellbeing through walking
- Improve safe access to the Vale's countryside
- Provide guided and self-guided walks for all ages and abilities



www.valeways.org.uk

VALE ON THE MOVE

Links to help you be more active: children & young people

The following activity links will give you some ideas for children and young people to be active at home or in your own community .



Better Health healthier families

Activities for kids - Healthier Families

Build some physical activity into your child's day, from 10 Minute Shake Up games to sports the whole family can enjoy.

nhs.uk

www.nhs.uk/better-health/get-active/

bit.ly/sportsdev-youtube



STREETFIT
with Vale Sports Team

Get moving and feel great—these videos make it easy to stay active at home or in your local area.

Streetfit - Outdoor Gym - Beginners Level Edition
Provides a combination of strength training and cardio exercises in a natural environment
Find Link Here: <https://youtu.be/HWUqFCdzTU> 

Streetfit - Outdoor Gym - Intermediate Level
Provides a combination of strength training and cardio exercises in a natural environment
Find Link Here: <https://youtu.be/5WtYdyotB8> 

Streetfit - Outdoor Gym - Advanced Level Edition

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources

Healthy Movers at Home

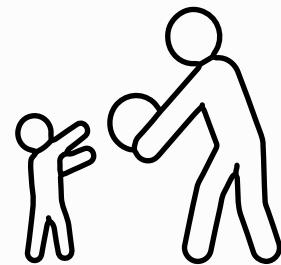
Get moving! Download our Healthy Movers at Home resources for easy, mobile-friendly ideas to help your little ones move, play, and grow every day.

The PDF also includes a list of the equipment you will require for each activity.

[Download](#)



www.youthsporttrust.org/healthymovers/families

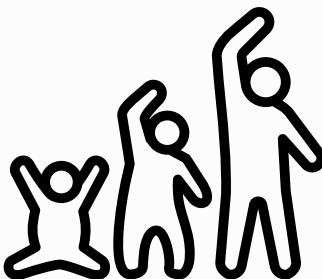


Wellbeing Walks

We have designed a number of walks to keep you and your family healthy, active and having fun.

[vogcouncil](#)

[www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Wellbeing-Walks.](http://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Wellbeing-Walks)



www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources



junior parkrun



www.parkrun.com/about/join-us/junior-parkrun/

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More info to help adults, young people and children be more active

The following information gives you links to local clubs and local resources.



VALE ON THE MOVE ACTIVE AT HOME

PHYSICAL ACTIVITY AND SPORTS EQUIPMENT LOAN SCHEME TO BE MORE ACTIVE AT HOME



Do you / your family want to be more active? Would you benefit from a free loan of equipment bag and resource pack with ideas?

If yes, choose the colored bag that matches what you need and borrow it in the same way as a book!

BLUE BAG: This bag is aimed at younger children in nursery / Foundation Stage of the school. Includes items to help develop movement and coordination skills for throwing, catching.

TURQUOISE BAG: This bag is aimed at older children in primary and secondary schools and. Includes equipment such as table tennis, balls, resistance bands, to be active at home or at your local open space.

GREEN BAG: This bag contains tennis equipment including rackets and balls. Choose from adult set (A) or child set (C) and play away. Don't forget there are tennis courts in Vale – visit our website to find out more.



More information:

Follow Vale Council's Healthy Living Team on social media or via the website for many more ideas...
Let us know how you got / any feedback you have about this project:
<https://forms.office.com/r/zk7SDeJ0Mt>



@valesportsteam1



@Vale Healthy Living Team

Gwefan: <https://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play>



Sports Clubs

There are a number of local sports and physical activity clubs that you can get involved with in the Vale of Glamorgan.

vogcouncil

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Resources

The Vale National Exercise Referral Team help clients be more active to help with their currently physical, mental and social health in a fun and inspiring way during difficult times. Take a look at exercise videos created by the team

<https://www.youtube.com/@valeners2733>

GOLDEN PASS

PAS EURAID

ARE YOU OVER 60 YEARS OLD?

DO YOU WANT TO BECOME ACTIVE?

8 SESSIONS OF FREE PHYSICAL ACTIVITY OR SPORT MAY BE AVAILABLE TO YOU!

USE ONE OF THE FOLLOWING OPTIONS TO SIGN UP:

REGISTER ONLINE -
WWW.VALEOFGlamORGAN.GOV.UK/GOLDENPASS

CALL - 07902 401007

EMAIL -
GOLDENPASS@VALEOFGlamORGAN.GOV.UK

SCAN - THE QR CODE BELOW WITH YOUR MOBILE PHONE CAMERA.

SIGN UP TODAY

SCAN ME

VALE OF GLAMORGAN

GIG CYMRU

NHS

Sport Wales

chwaraeoncymru

Menu

Darllen yn Gymraeg Access

SUPPORTED BY

You are here: Home > Join In > Clubs

Find a local insport Club

Enter your postcode **Search** Use your current location

www.disabilitysportwales.com/en-gb/join-in/clubs

VALE ON THE MOVE

Further information:

**Healthy Living Team:
sportsbookings@valeofglamorgan.gov.uk**

Follow us on social media for more ideas and visit our website for lots of resources for all ages:

Social media including facebook & instagram:

**@valesportsteam1
YouTube: @valehealthylivingteam**

Website: <https://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources>