



Physical activity plan

Doing a bit of exercise is good for you. Doing more exercise is even better.



Being active

We want more people to spend more time being **physically active**.



Being **physically active** means moving your body. This could mean doing things like:

- walking



- gardening



- climbing stairs



- dancing.





Being **active** helps people to:

- stay healthy and live longer



- be strong and have **good balance**.

Good balance means you don't feel wobbly and fall over.



If you have good balance there is less chance you will fall over and hurt yourself.



- have good mental health.

Reasons why people are not active

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____

We know there are lots of reasons why people are less active. Here are some of the reasons:



- it can be expensive to join a gym or sports club



- some people do not know that exercise or just moving more is good for your health and **wellbeing**.

Wellbeing means keeping your body and mind healthy



- not knowing how to exercise



- not being able to travel to a club, park or outdoor space



- fear of crime in parks and on the streets



- fear of hurting yourself whilst exercising



- not having enough time



- not having anyone to exercise with.

What we want to happen



1. More people in Richmond to be active

We want 3 thousand 5 hundred people who are not active now to be active by the year 2026.

2. Less health inequality

Health inequality is when some people don't get the same chances to have good health.



If you don't have the same chances, you could have more health problems.



This means you may die younger than someone who has more chances to have good health.





You might not get the same chances because of where you live or work.

People have worse health in areas where there is less money and jobs.



Some groups of people have worse health than others. This includes:

- people with a disability



- people from different ethnic backgrounds.



Being active is one way to help everyone have the same chances to be healthier.

Our plan

There are 3 main things we look at in the plan:



1. Active people

Helping people to be more active.



2. Active communities

Supporting community groups and activities that are happening.



3. Active environments

Telling people about parks, green spaces and places to play sports.



To make our plan work, we need to think about the needs of different people.

This way we can make sure the plan works for everyone.

Adults



We will:

- start a new campaign called **Richmond Moves**

The campaign will help people to think about:

- visiting parks and outdoor spaces
- walking and cycling more.



Older people and carers

We will:

- work with carers and support workers to help older people who are likely to fall over and hurt themselves



- support carers.

People from Black, Asian and ethnic minorities



We will:

- find new ways to help people to be more active
- involve people from ethnic minorities in this work.

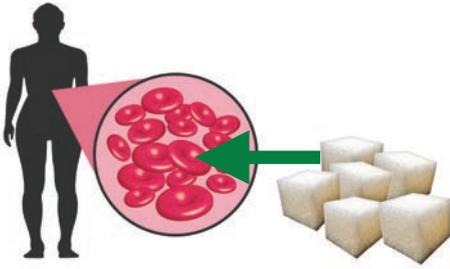


People with long-term health conditions

We will:

- help all people with long-term health conditions to be more active. **Long-term** means it lasts for 12 months or more
- ask people who have a high chance of getting diabetes to take part in the **Diabetes Prevention Decathlon.**





Diabetes is an illness where you cannot control the right amount of sugar in your blood.



Click here to watch a YouTube video about the Decathlon.

People with mental health problems

We will:



- make sure that people with depression or anxiety have the chance to be more active



- look at how other places have given people more chances to be active.



If we find a good idea, we will try it in Richmond.

People with learning disabilities

We will:

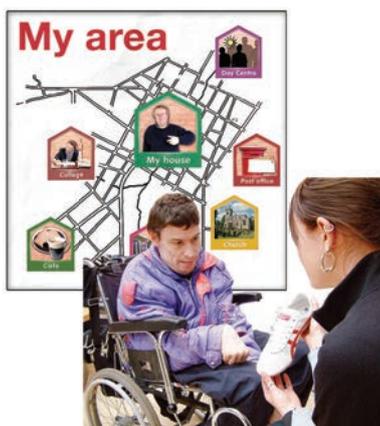


- give people an exercise plan. The plan says what exercise the person needs to do to stay healthy



- use technology to find out how well people are doing.

For example, an app on their phone that checks how much exercise the person is doing



- make sure people get support to do activities in their local area.

People living in deprived areas

A **deprived area** is a place where:



- people are less likely to have a job



- people have less money



- there are less shops and other businesses



- there is more crime.

In deprived areas, we will:



- involve local people in making plans about how to help people to be more active



- staff in GP surgeries will tell people about ways to be physically active.

They will tell people about:



- help they can get and activities they can take part in

and



- how being active can help them to lose weight and live with long-term health conditions.

Partners

Organisations and groups who are involved in this plan:



- Richmond Council



South West London

- NHS South West London



- Richmond CVS



- Richmond Age UK and Community Independent Living Services



- South West London and St George's Mental Health NHS Trust



- London Sport