Get Active in Lincolnshire

Adults

A Guide for Health Professionals

“If exercise were a pill, it would be one of the most cost-effective drugs ever invented”

Dr Nick Cavill,
Health Promotion Consultant
Introduction

Being regularly active is good for our health and wellbeing, no matter what our age or ability

This guide has been designed to help health professionals raise the topic of physical activity with patients, as well as family, friends and colleagues.

There are details on local programmes and support available to help people get started.

Just recommend more!

There is usually no need to clinicalise physical activity. Most people will know what is achievable and enjoyable for them, they may just need a regular prompt.

Becoming more active is almost always safer than staying inactive and will have a positive impact on overall health.

The initial benefits can be reaped in just a few weeks, and include improved energy levels, sleep patterns, mood, confidence, body shape and weight. Some patients report significant reductions in their medication in as little as 12 weeks of activity, which means fewer side effects, better health and improved quality of life.

Long term health benefits include a reduced risk of heart disease, stroke, diabetes, mental health conditions and some cancers. Regular activity is also a way of engaging people with their local community, which helps reduce isolation and boosts mental wellbeing.
Behaviour change can be challenging, so a person centred, well planned, gentle but determined approach is most likely to be effective. Most barriers people face can be overcome with support, information and motivation. Resources including activity diaries and motivational support are available at www.lincolnshiresport.com/getactive

**Sitting less**

There is evidence that a sedentary lifestyle is a risk factor, independent of physical activity, for multiple adverse health outcomes in adults. Even standing regularly is better than sitting, and the more movement, the better health becomes. There is no need to pound a treadmill or make muscles scream for mercy. Just 150 minutes of moderate activity each week is enough to improve health. Simple changes that raise the heart rate such as lots of short walks or taking the stairs more often could make all the difference.

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**Top Tips for success**

- Set realistic goals
- Drink lots of water
- Be active with friends
- Make small changes you can maintain
- Monitor your progress
- Celebrate successes

There are plenty of online resources to help you become and stay more active. These include NHS Choices, British Heart Foundation and Change 4 Life. See page 11 for details.
Exercise Referral

Exercise Referral is a free 12-week tailored programme of exercise for adults aged 18+ with a medical condition that would benefit from exercise.

The programme provides guidance and support for individuals becoming more active. It aims to increase fitness levels, improve quality of life and can reduce the need for medication. Participants can attend as frequently as they wish, and will be offered a range of options including gym, swim and classes, according to their preference and the venue.

Mike was referred by Sleaford Medical Group because he had previously suffered a heart attack and found walking up hills difficult. He has been using the gym three times a week since spring 2013. Mike describes his referral to the gym as ‘life changing’ as he can now walk up hills without frequent stops, has reduced his weight by 14kg and feels much fitter and stronger.

There are many conditions that an individual can be referred for, including:

- Obesity BMI > 30kg/m2 (or > 28 with comorbidities)
- CHD or CVD risk factors
- Musculo-skeletal conditions
- Mental health and psychological conditions
- Pulmonary conditions
- Neurological conditions
- Diabetes Types I and II
- Pre and post natal
- Degenerative diseases
- Cancer
- Learning disability

A referral is needed from a medical professional, such as a GP or practice nurse.

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<th>Location</th>
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<td>Boston</td>
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<td>City of Lincoln</td>
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<td>01529 308 742</td>
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<td>South Kesteven</td>
<td>01476 406 080 ext 6074</td>
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Health Walks

Walking is the easiest, cheapest and one of the most sociable ways to become more active. Health Walks are FREE organised walks in rural areas and towns, led by volunteer Walk Leaders.

Short walks for beginners can be 20 – 30 minutes, and longer walks last up to 90 minutes. They take place at various times of the day, throughout all districts in Lincolnshire.

Jenny, a retired teacher, says:
‘I cannot emphasise how good the health walks are. I have a chronic lung disorder, COPD, which means I often get chest infections and am confined to bed. If I have had a chest infection, I can do one of the shorter health walks instead and build up my health and strength in a really enjoyable way. I’ve seen parts of Louth I didn’t know existed and met new people, and I now really look forward to the walk each week.’

Become a Health Walker Leader

Becoming a Health Walk Leader is straightforward and rewarding – more than 200 people in Lincolnshire are already leading local walks regularly. More volunteer Walk Leaders are always needed, and it doesn’t have to be a big commitment. If any patients would like to start a walk, advise them to get in touch with their local coordinator.

Local health walk coordinators:

Boston 01205 354 320
East Lindsey 01507 613446
City of Lincoln 01522 873 581
North Kesteven 01522 870 252
South Holland 07933 627011
South Kesteven 01476 406 080 ext 6309
West Lindsey 01522 873 581
Gainsborough/Saxilby/Caistor/Market Rasen 07778 622925

Visit: www.lincolnshiresport.com/healthwalks
Health Trainers reach out to people who are in circumstances that put them at a greater risk of poor health.

They work with people to assess their health and lifestyle risks, helping them to build their motivation to change. They facilitate behavioural change and provide motivation and practical support to individuals.

**Health Trainers can help with:**

- Healthy Eating
- Fitness
- Stress / anxiety reduction
- Improving confidence
- Giving up smoking
- Reducing drug / alcohol consumption
- Safer sex guidance

**Health Trainers will:**

- Plan a programme to suit the individual’s needs
- Help them to stay on track
- Signpost to other services
- Meet at a convenient time and location for you

If you know someone who wants to improve their lifestyle then a Health Trainer may be able to help. The free service is available to anyone over the age of 16 years.

"I had lost my confidence and felt tired all the time, now I can walk for an hour without stopping, feel better and lost 2 stone to boot"

Each district has a local coordinator who can talk to patients about whether this is the right service for them.

**Local coordinators:**

Boston – 01205 315 926
City of Lincoln – 01522 873 581
East Lindsey – 01507 613459
North Kesteven – 01529 308268
South Holland – 01775 718 008
South Kesteven – 01476 592 398
West Lindsey – 01427 675 188
Vitality

Vitality is a Lincolnshire based programme of exercise to music classes incorporating physiotherapy based movements. Vitality is predominately for the Over 60’s, however individuals of any age who have medical conditions which prevent them from exercising in a normal setting may also attend.

Vitality classes aim to improve mobility, strength and suppleness, balance, posture and coordination through carefully planned exercise classes taken by experienced, qualified instructors. Vitality classes take place across the county in a variety of community settings.

Vitality also offers a one to one exercise programme for people in their own homes. Vitality offers an age appropriate way to exercise which provides many benefits, not only through exercise but by encouraging friendship and social interaction with others and creating a sense of community within classes. Vitality contributes towards the ultimate goal of leading a healthier more independent life for many older people in Lincolnshire.

Who is Vitality for?

- Adults aged 60 plus.
- Adults of any age with complex health conditions.
- Adults who are less mobile or isolated.
- Patients looking for a gentle introduction to exercise.
- Adult patients who are at risk of falling or who have fallen in the past.

How can I refer?

Contact the Vitality team who will be able to direct patients to a suitable, local class. Postcards, posters and leaflets are all available to promote Vitality classes.

01529 411194 | vitalityadmin@litc.org.uk

www.vitalitylincs.co.uk

What do Vitality participants say?

“When I attended my first class it was as if someone had switched a light back on. My joints were no longer so stiff and my flexibility has improved. My thigh muscles are a lot stronger which helps my knees. I feel motivated and my zest for life has returned. Not to put a too fine a point on it “VITALITY GAVE ME MY LIFE BACK” I do not know what I would do without it (my G.P would wholeheartedly agree).” Mrs W. Aged 64, Grantham.
New Age Kurling

New Age Kurling is an adapted form of the original curling game so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. The game can be played by both non-disabled and disabled people of all ages.

There are a lot of New Age Kurling clubs across Lincolnshire. Many schools also play and take part in the Sainsbury’s School Games Lincolnshire winter festival.

To start a club all you need is a venue with a hard floor about the size of a badminton court and a group of four plus.

Anyone can buy equipment from www.kurling.com and quote ‘Lincolnshire Sport’ to gain a 10% discount. Equipment is also available to hire from the Lincolnshire Sports Equipment Library.

Lincolnshire Sport currently run three doubles competitions a year in February, June and November. Most disabilities can be catered for using either a combination of tactile boards, ramps and pushers.

Patients can find a New Age Kurling club:
www.lincolnshiresport.com/clubs

Hire sports equipment

A wide range of equipment is available to hire for a day, a week or months at a time at low cost from Lincolnshire Sport.

Should patients want to do some fundraising, host a party, try a new activity with friends or colleagues, or get a new club started, hiring equipment is a great way to get active at low cost. From giant hamster balls, sumo suits and giant jenga, to rounders kit, there’s something for everyone, and registration is free.

www.lincolnshiresport.com/lincolnshire-sports-library
It is well known that supporting individuals to change their behaviour and choose a healthier lifestyle is a challenge in all environments and should be undertaken not only when the opportunity arises, but when it is appropriate to the situation. Through training and support from Public Health organisations we are able to deliver constant health messages in multiple ways.

MECC not only provides training on how to raise these issues with individuals but also gives them the knowledge of how to refer/signpost to local and relevant services. The training covers, not only physical activity, but also obesity, alcohol, smoking and mental health services within Lincolnshire.

MECC also provides organisations with promotional material that show patients and service users that they have the knowledge of such issues and how to refer into them, using the “it’s ok to ask” promotion. This shows individuals that it is ok to approach staff on sensitive issues such as weight and physical activity and that they will have an understanding of their issues and know how to treat them.

MECC doesn’t take up additional valuable time but builds on the already established contacts with patients and service users, meaning it does not add to staff’s current demanding workloads.

Contact:

- MECC@lincolnshire.gov.uk
- 01522 554 980
Recommended Physical Activity Levels

ADULTS (19–64 YEARS)

1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

Moderate intensity physical activities will cause adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation.

2. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.

3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.

4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

OLDER ADULTS (65+ YEARS)

1. Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive functions. Some physical activity is better than none, and more physical activity provides greater health benefits.

2. Older adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

3. For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.

4. Older adults should undertake physical activity to improve muscle strength on at least two days a week.

5. Older adults at risk of falls should incorporate physical activity to improve balance and coordination on at least two days a week.

6. All older adults should minimise the amount of time spent being sedentary (sitting) for extended periods.
Evidence and Reference List

**NHS Choices** - www.nhs.uk/Livewell/fitness
**Macmillan Cancer Support; Get Active Feel Good** - www.macmillan.org.uk
**British Heart Foundation** - www.bhf.org.uk
**Mental Health Foundation** - www.mentalhealth.org.uk/help-information/mental-health-a-z/E/exercise-mental-health
**MIND** - www.mind.org.uk/ecominds
**Walking for Health** - www.walkingforhealth.org.uk
**Start Active, Stay Active** - https://www.gov.uk/government/publications/uk-physical-activity-guidelines
**Lincolnshire Sport** - www.lincolnshiresport.com
**Vitality** - www.vitalitylincs.co.uk
**Public Health** - www.gov.uk/phe
GET IN TOUCH

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01522 585 580
www.lincolnshiresport.com