

ONE YOU PLYMOUTH

MOVE **MORE**
IN 2019



MOVE MORE --- IN 2019

Many people make resolutions at the start of the New Year and One You Plymouth would like to encourage you to make a resolution to **Move More in 2019!**

Simple goals and changes can make a real difference to your life.

It might be as simple as walking more each day or you might want to consider trying something new and different.

Hoping you Move More in 2019!



THREE FITBITS TO GIVE AWAY!



Post a picture onto the One You Plymouth Facebook page for a chance to win a Fitbit!

We have three Fitbits to give away. All you need to do is to post a photo of you Moving More with a brief sentence about how it made you feel.

“Going to Supertone classes has helped me lose weight and feel fitter.”

Claire, from North Prospect

Could you inspire others to Move More?

Winners will be announced on our Facebook page – @oneyouplymouth on 14th February 2019.

ONE YOU PLYMOUTH



Activate Plymouth

Plymouth City Council's Sports Development Unit wants Plymouth to have the most active population in the South West by 2034. Their Activate Plymouth Project provides a number of affordable, local opportunities to help people get active and move more.

Being active can help you lose weight and improve muscle tone as well as enhancing your mood and sleep. By joining a group fitness activity you may also make new friends and improve your social life!

6 SESSIONS FOR £6

This January, why not start your journey to a better you, **with 6 sessions for £6** (offer only available to new participants and expires 31 March 2019).

Our adult activities (16+) take place at a variety of venues in Plymouth however spaces may be limited and should be booked in advance unless otherwise stated.

Find out more on page 4 and 5.

Any queries? Please contact Plymouth City Council on 01752 307008.

6 SESSIONS FOR £6

ACTIVITY	DAY	TIME	VENUE	BOOKING
BODY CONDITIONING	Mon	9.30 - 10.30am	Whitleigh Hub	No need to book just turn up
STUDIO CYCLING		5.15 - 6pm	Stoke Damerel Community College	To book call 07817 201748
STUDIO CYCLING		6 - 6.45pm	Stoke Damerel Community College	To book call 07817 201748
BADMINTON		8 - 9pm	Marine Academy Sports Centre	To book call 01752 213951
PILATES	Tues	9.30 - 10.30am	Whitleigh Scout Hut	No need to book just turn up
OOMPH SEATED FITNESS		10.15 - 11.30am	Morice Baptist Church	No need to book just turn up
BODY CONDITIONING		5.15 - 6.15pm	Whitleigh Hub	No need to book just turn up
LADIES ONLY SUPERTONE		6 - 7pm	Jan Cutting Healthy Living Centre	No need to book just turn up
TAE KWON DO		7 - 9pm	Lipson Co-operative Academy	First 4 classes free – to book email plymoutheasttagb@hotmail.com
JU JITSU		7.30 - 9pm	Marine Academy Sports Centre	To book call 01752 213951
SUPPORTED FITNESS FOR PEOPLE LIVING WITH DIABETES	Weds	1.30 - 2.30pm	Plymouth Life Centre	No need to book just turn up
SUPPORTED FITNESS FOR PEOPLE ATTENDING THE EAT WELL PROGRAMME		3 - 4pm	Plymouth Life Centre	No need to book just turn up

6 SESSIONS FOR £6

ACTIVITY	DAY	TIME	VENUE	BOOKING
TAE KWON DO	Weds	6 - 6.45pm	Marine Academy Sports Centre	No need to book just turn up
INDOOR CYCLING		6.15 - 7pm	Lipson Co-operative Academy	To book call 01752 263284 (after 4.30pm)
PILATES		6.15 - 7.15pm	Marine Academy Sports Centre	No need to book just turn up
KICK BOXING FIT		6.45 - 7.30pm	Marine Academy Sports Centre	No need to book just turn up
CIRCUITS		7.30 - 8.30pm	Marine Academy Sports Centre	No need to book just turn up
LADIES ONLY SUPERTONE	Thurs	9.30 - 10.30am	Jan Cutting Healthy Living Centre	No need to book just turn up
SENIOR SPIN		4 - 4.30pm	Lipson Co-operative Academy	To book call 07817 201748
KAZJFIT AEROBICS		5.15 - 6pm	Lipson Co-operative Academy	No need to book just turn up
SUPPORTED FITNESS FOR PEOPLE LIVING WITH DIABETES		6 - 7pm	Brickfields Sports Centre	No need to book just turn up
KETTLEBELLS		6 - 6.45pm	Jan Cutting Healthy Living Centre	To book call 07817 201748
TAE KWON DO	Fri	6.30 - 8pm	Tothill Community Centre	First 4 classes free – to book email plymoutheasttagb@hotmail.com
TABLE TENNIS		7.30 - 9pm	Marine Academy Sports Centre	To book call 01752 213951
INDOOR CYCLING	Sat	10.15 - 11am	Lipson Co-operative Academy	To book call 01752 263284 (after 4.30pm)

CYCLING

The Sports Development Unit co-ordinates a variety of free local led rides and groups that cater for all abilities, from easy-going rides suitable for complete beginners through to steady and challenging rides for people wanting to cycle further and faster.

Booking on the Let's Ride website is essential as some rides have a limited number of spaces.

For full details of all the rides available and to sign up for a ride visit www.letsride.co.uk

LADIES ONLY (ADULTS 16+) – FREE

LEVEL	DAY	TIME	START LOCATION	RIDE
EASYGOING	Tues	6.15pm	Sainsbury's Marsh Mills	Barbican
STEADY	Weds	10am	Coypool Park & Ride	Yelverton

BIKE & BABY (1 - 4.5YRS) – COST £4.00 INCLUDING BIKE HIRE AND TRAILER

DATE	TIME	START LOCATION	RIDE
TUESDAY 29 JANUARY	10.30am	Coypool Park & Ride	Plymbridge Woods
WEDNESDAY 6 FEBRUARY			

RUNNING

The Sports Development Unit supports a number of beginner sessions which combine walking with running and start with an initial 10-week training programme. This also includes advice on safety, clothing/footwear, warming up/cooling down and stretching.

ACTIVITY	DAY	TIME	VENUE	BOOKING
WALK RUN - LADIES ONLY	Weds	9.15am	Devonport Park	To book call 07817 201748
OPEN TO ALL	Weds	6pm	Nuffield Health Gym Barbican Leisure Park	To book call 07817 201748
			Plymouth Life Centre	To book call 07528 594714
OPEN TO ALL	Sat	9.15am	Plymouth Life Centre	To book call 07528 594714

For more information about other running groups and clubs in the Plymouth area please visit the website www.runtogether.co.uk

“I joined a running group and now I’m running in the Race for Life event.”

Gemma, from Mount Gould





In partnership with Plymouth City Council's Active Mums Programme, we are offering parents and carers a great way to get back into fitness.

There's a great range of activities including Buggy Fit, Studio Cycling, Pre-natal Aqua Fit, Mummycise, BODYCOMBAT™, Total Toning, Gentle Yoga, Volleyball and Back To Netball.

Sessions run at various times throughout the week and can involve your child or run alongside our crèche opening hours (please check the full timetable online for full details).

From 2019, all new customers will be able to take part for just £1 per session by calling the Sports Development Unit on 01752 307008.

This offer expires March 2019.

Classes must be booked in advance, directly with Plymouth Life Centre using the voucher as payment.

The crèche must be booked and paid in advance as places are limited.

Plymouth Life Centre
40 Mayflower Drive, Plymouth PL2 3DG



everyone
ACTIVE

YMCA PLYMOUTH



6 FITNESS
SESSIONS
FOR
£6



Get your fitness flying!

Book any 6 **group fitness classes** or **gym** sessions for just **£1** a session at YMCA Plymouth this winter.

No contract or membership required!

This offer is valid for new customers only and must be used within 6 weeks.

Book today!

ymcaplymouth.org.uk/646

T 01752 201918

BULGING WAISTLINE? JEANS A BIT TIGHT?

Join our **free EAT WELL** 10 week weight loss programme funded by the NHS.

Text '**EAT**' to **66777**, visit
oneyouplymouth.co.uk/eat-well
or ring us on **01752 437177**.

ONEYOU PLYMOUTH **Livewell**
Southwest

“Eat Well is amazing – It really helped me think about my lifestyle and not just my weight.”

Jesse, from St Judes

MOVE **MORE**

Fitting some physical activity into your day is easier than you think.

Being active is really good for your body, mind and health. Why not join us for a walk?

Check out the latest details of walks: visit www.oneyouplymouth.co.uk, email oneyou.plymouth@nhs.net or ring us on **01752 437177**.

HOW ARE **YOU** ?

Our lifestyles can be more unhealthy than we think. Start the fight back to a healthier you.

Want to make healthier life choices in 2019, but don't know where to start? Need motivation and support to help you stay accountable and achieve your fitness goals?

Why not take the ONE YOU survey today!

www.oneyouplymouth.co.uk/how-are-you

**TAKE
THE QUIZ
TODAY!**

Wellbeing Hubs



The Wellbeing Hubs are placed within communities to help people to access a range of advice, information and support services including; befriending, employment, housing, healthy lifestyles, and other peer support activities.

For more information about what is available in your area please contact or visit your local Wellbeing Hub.

The current Wellbeing Hubs are:

- ▶ **Four Greens Wellbeing Hub**
Four Greens Community Trust,
15 Whiteleigh Green, Whiteleigh,
Plymouth PL5 4DD.
01752 875916
- ▶ **Jan Cutting Health Living Centre**
Scott Business Park,
Beacon Park Road,
Plymouth PL2 2PQ.
01752 203670
- ▶ **Mannamead Wellbeing Hub**
156 Mannamead Road,
Plymouth PL3 5QL.
01752 201900

Working in partnership with



COUCH TO 5K



Couch to 5K is for everyone. Whether you've never run before or if you just want to get more active.

It's a free and easy way of getting fitter and healthier. It will get you from walking to running for 30 minutes in just 9 weeks.

Grab your trainers, download the FREE app and follow the step-by-step instructions.

**GET
STARTED
TODAY!**



**Walking briskly for
10 minutes counts
as exercise and can
benefit your health.**

Active 10 is a FREE app that shows you how much brisk walking you're doing and how you can do more.

It's easy to use and helps you set your goals for the day.

ACTIVE 10



**ACTIVE
10**

**Download the
FREE app and
get walking to
a healthier you!**



**KEEP
GOING!**

This brochure has been produced as part of the Activate Plymouth Project funded by Sport England and co-ordinated by Plymouth City Council's Sports Development Unit.



Plymouth City Council's Sports Development Unit

Telephone: **01752 307008**

Email: **sportsdev@plymouth.gov.uk**

Facebook: **Sport Plymouth**

January 2019