

Everyday Active in Kent

**Andrea Murphy – Active Partnership Manager,
Active Kent & Medway**

Who are we?

- The Active Partnership for Kent and Medway
- Hosted by Kent County Council
- Funded by Sport England, Kent Public Health and local authorities
- ‘Move Together’ - Kent and Medway’s 2023-2027 strategy for sport and physical activity
- Our vision: More People, More Active, More Often
- Our mission: Improving Lives through sport and physical activity

The Journey to Everyday Active

Designing Together
Today and locally



Deep Dive
Communities and
individuals (10 per area)
Frontline Workers
System (5 per area)

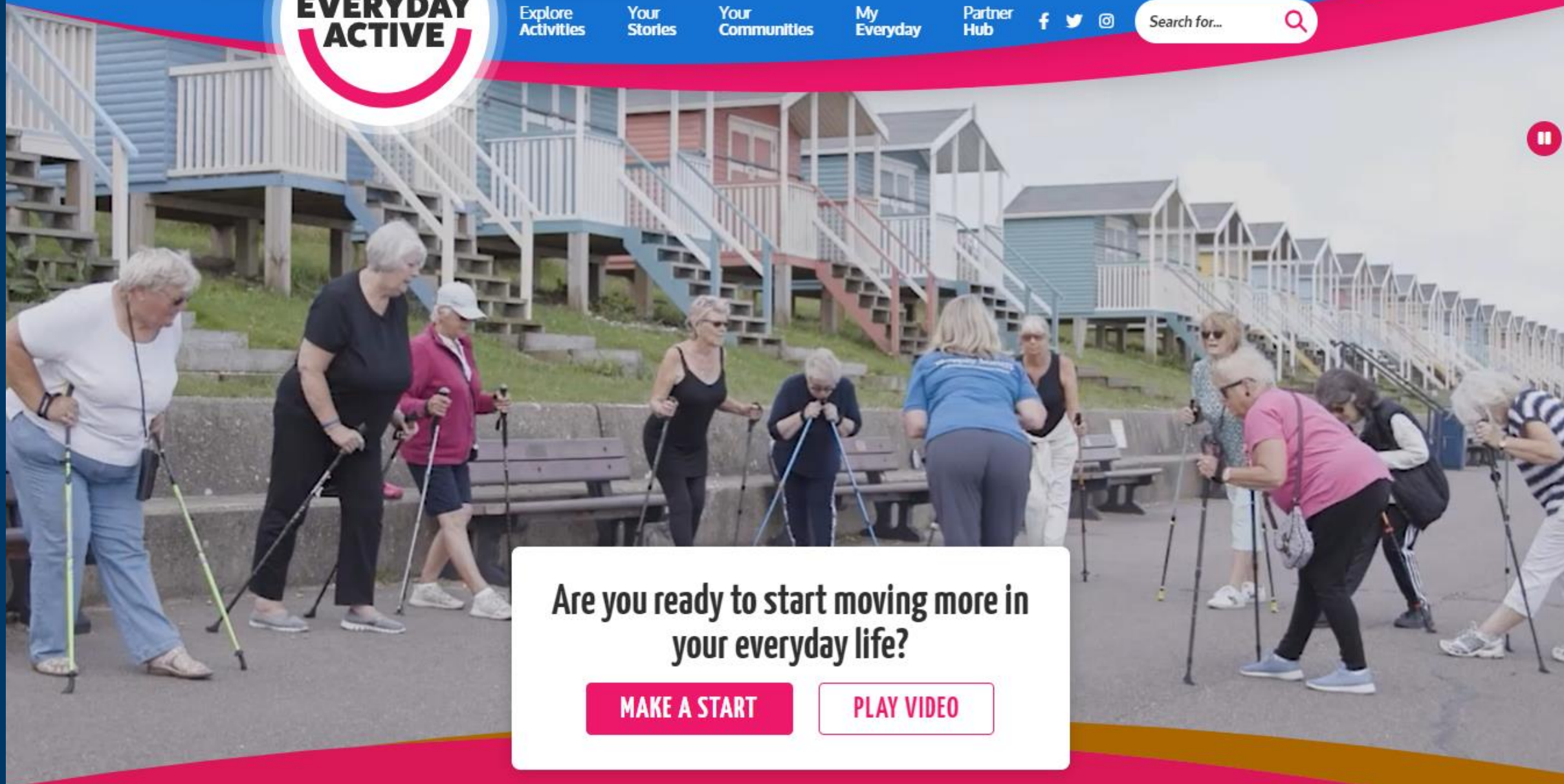


Shallow Dive
Event and survey
(80-100 per area)



Analysis





Are you ready to start moving more in
your everyday life?

[MAKE A START](#)

[PLAY VIDEO](#)

Step outside and make the most of the great outdoors this



Explore Activities

It doesn't matter if you're totally new to this or you're just looking for a new challenge – there's something here for everyone. We can help you find the perfect activity for your experience and confidence levels, as well as activities that fit in around your everyday life.

Click an activity below to start your Everyday Active journey.



Walking



Running



Cycling



Home & solo exercise



Group exercise



Swimming



Sports



Active days out



Activities Exercise groups

Move It Or Lose It!

Move it or Lose it exercise classes are for older people to help improve their strength, balance, flexibility and cardiovascular health. Founded in 2010, Move it or Lose it! has...

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Activities Exercise groups

Falls prevention

For people with mobility issues, and particularly older people, falls can be a major health concern. Falls prevention classes can help you to build strength, balance and stability, in order...

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Activities Walking

Easy access walking trails

Easy access trails are ideal for people with pushchairs, wheelchair users or for those who prefer flatter surfaces with no stiles or gates. There are more than 20 great easy...

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Activities Home / solo exercise

Easy exercises

NHS Live Well is a collection of webpages with fantastic suggestions for easy exercises you can do to build your confidence and improve your health and wellbeing. These easy, low-impact...

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Activities Exercise groups

Paracise exercise classes

This gentle exercise class is ideal for building strength, balance and flexibility

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Activities Home / solo exercise

10 Today – exercises for older people

10 Today is a set of fun 10-minute, audio and video workouts intended to easily fit into your day to help get you stretching and moving at home. The programme has been designed by and for...

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Hints and tips Exercise groups

Home / solo exercise

Parkinson's and Exercise

Exercise is good for you. It's especially good for you if you have Parkinson's. Whether you have Parkinson's or live with someone who does, there is no one-size-fits-all approach. With Parkinson's,...

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Activities Sports

Walking football

Very different to the regular game of football, walking football caters primarily for the over 50s, although some tournaments are now running for players exclusively in their 60's and 70's....

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Your Communities – local support



Sheppey

Take a look at Sheppey's local page to find ways to be active on the island and meet Julie, Sheppey's local Everyday Active Champion.



Julie

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Thanet

Visit our Thanet page to take a look at activities in your area, and find recommendations from Loz, our Thanet Champion.



Loz

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Tonbridge and Malling

Take a look at our local page for Tonbridge & Malling to find activities to do across the area, and meet Claire, the local Everyday Active Champion.



Claire

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[SAVE THIS ITEM](#)



Gravesham

Take a look at Gravesham's local page to find ways to be active and meet Sam, Gravesham's Everyday Active Champion.



Sam

[READ MORE](#)

[SAVE THIS ITEM](#)



Tunbridge Wells

See what activities Mark, our Champion for Tunbridge Wells and The Weald, recommends in your local area.



Mark

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Medway

Take a look at our local page for Medway to find activities to do across the area, and meet Mark, Medway's local Everyday Active Champion.



Mark

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Dover

Take a look at Dover's local page to find ways to be active and meet Charlotte, Dover's Everyday Active Champion.



Charlotte

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Sevenoaks

Take a look at our local page for Sevenoaks to find activities to do across the area, and meet Jolanda, the local Everyday Active Champion.

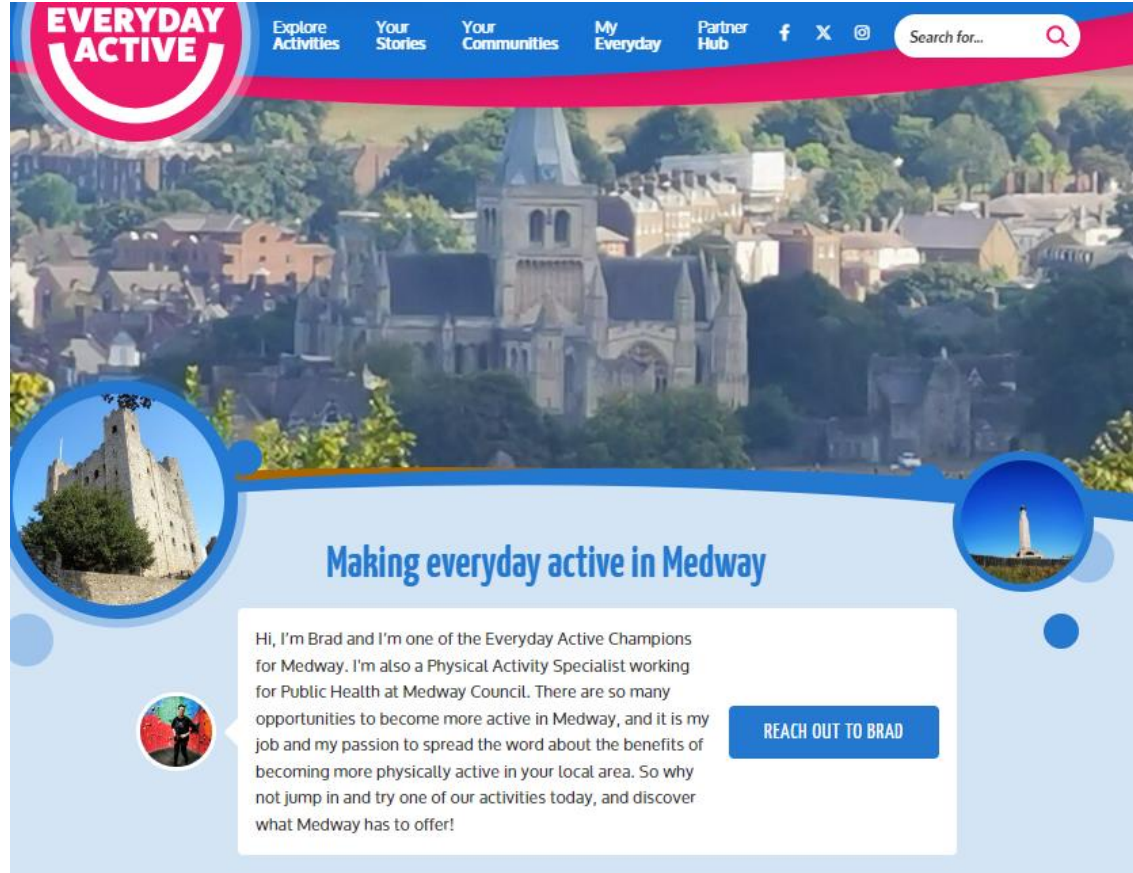


Jolanda

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Your Communities – local support



EVERYDAY ACTIVE

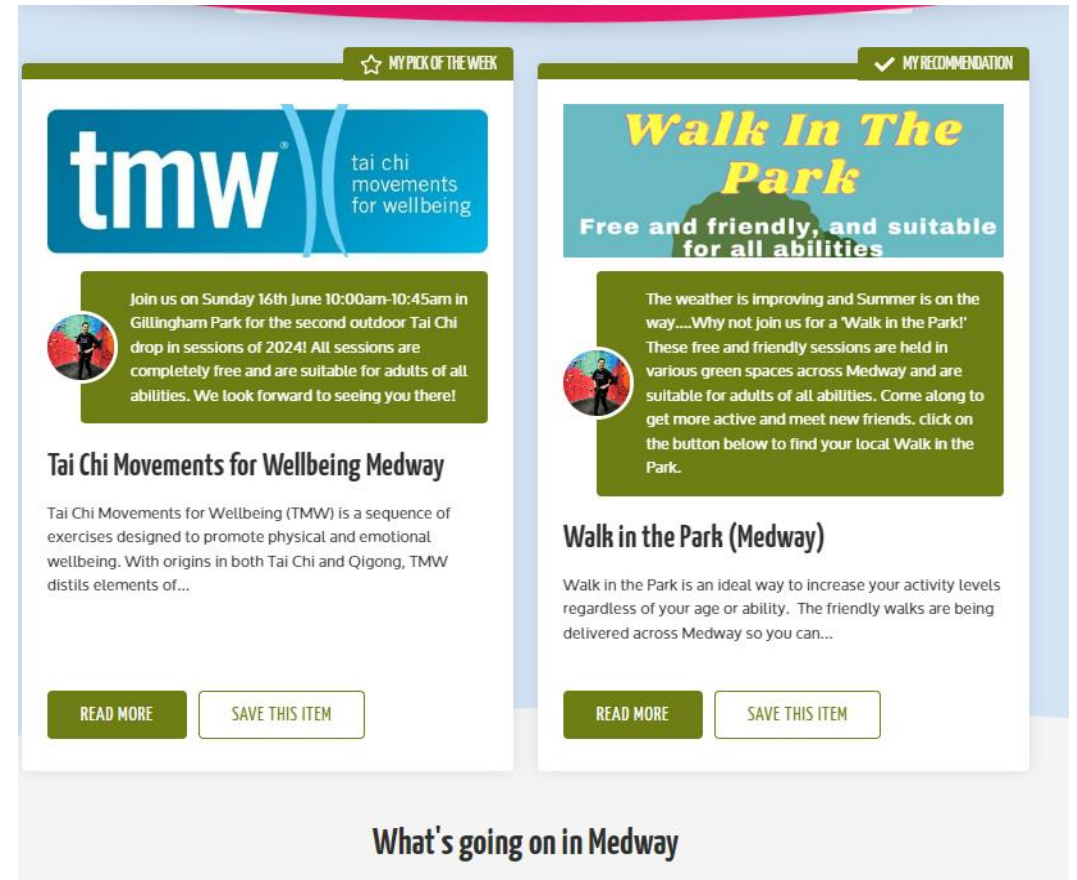
Explore Activities | Your Stories | Your Communities | My Everyday | Partner Hub

f X @ Search for...

Making everyday active in Medway

Hi, I'm Brad and I'm one of the Everyday Active Champions for Medway. I'm also a Physical Activity Specialist working for Public Health at Medway Council. There are so many opportunities to become more active in Medway, and it is my job and my passion to spread the word about the benefits of becoming more physically active in your local area. So why not jump in and try one of our activities today, and discover what Medway has to offer!

[REACH OUT TO BRAD](#)



☆ MY PICK OF THE WEEK

tmw tai chi movements for wellbeing

Join us on Sunday 16th June 10:00am-10:45am in Gillingham Park for the second outdoor Tai Chi drop in sessions of 2024! All sessions are completely free and are suitable for adults of all abilities. We look forward to seeing you there!

Tai Chi Movements for Wellbeing Medway

Tai Chi Movements for Wellbeing (TMW) is a sequence of exercises designed to promote physical and emotional wellbeing. With origins in both Tai Chi and Qigong, TMW distils elements of...

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✓ MY RECOMMENDATION

Walk In The Park

Free and friendly, and suitable for all abilities

The weather is improving and Summer is on the way....Why not join us for a 'Walk in the Park!' These free and friendly sessions are held in various green spaces across Medway and are suitable for adults of all abilities. Come along to get more active and meet new friends. click on the button below to find your local Walk in the Park.

Walk in the Park (Medway)

Walk in the Park is an ideal way to increase your activity levels regardless of your age or ability. The friendly walks are being delivered across Medway so you can...

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What's going on in Medway

Partner hub



EVERYDAY
ACTIVE

Downloadable Resources

Download Everyday Active documents and resources or request physical copies in the post.

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Physical Activity Guidelines

Find out how much activity is enough in order to benefit your overall health.

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Partner Resources

This library of resources organises the evidence and contains the knowledge that is needed to encourage people to move more in their everyday lives.

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Partner Resources – Health condition specific

Advice, support and resources to help people with a specific health condition to become more physically active.

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Partner Resources – Disability specific

Advice, support and resources to help people with a specific disability to become more physically active.

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Training Opportunities

Face to face and online courses to develop your knowledge, skills and confidence to have conversations with others to help get more people, more active.

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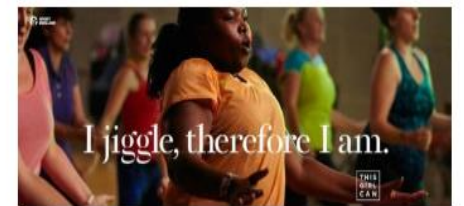


Local Networks & Campaigns

Links to campaigns, projects and initiatives working across our county to help people be more active.

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National campaigns

Links to national campaigns which have information and resources to help you encourage more people to be active.

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Arthritis

It can be hard to encourage someone to keep moving when they have arthritis but staying as active as possible can reduce their pain and the symptoms of their condition, and help them to stay independent.

Versus Arthritis offer a range of exercises to help someone with arthritis manage their condition and maintain healthy joints.

VISIT VERSUS ARTHRITIS FOR
INFORMATION ON BECOMING
ACTIVE WITH ARTHRITIS



Cancer

After a cancer diagnosis, many people find that following a healthy, balanced diet and staying active helps give them back a sense of control.

Whether you are supporting someone who's living with or after cancer, becoming more physically active can have a positive impact on their life.

VISIT MACMILLAN CANCER
SUPPORT FOR MORE
INFORMATION ON PHYSICAL
ACTIVITY AND CANCER



Dementia

Leading a physically active lifestyle can have a significant impact on the wellbeing of people with dementia.

Physical activity creates valuable opportunities' to socialise with others, and can help improve and maintain a person's independence. This is beneficial to both people with dementia and their [carers](#).

VISIT ALZHEIMER'S SOCIETY
FOR MORE INFORMATION ON
EXERCISE AND DEMENTIA



Diabetes

Being physically active is good for diabetes. Being active makes our body more sensitive to insulin which helps manage diabetes. Activity helps control blood sugar levels and lowers



Heart Conditions

With a heart problem it can be hard to know how much to do when it comes to being active.

Exercising after a [heart attack](#) or



Lung Conditions

Regular movement is good for our lungs because it increases the strength of the muscles around our lungs and the rest of our body. As we build strength, our muscles will need

Everyday Active – Support & Resources




Postcard flyers



Become more active with Everyday Active:

- 1 Search for activities that may interest you
- 2 Read personal stories, blogs, and articles plus hints and tips
- 3 Save items and create your own plan for moving more

everydayactivekent.org.uk

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-  @_everydayactive
-  @EverydayActive



Posters



Z-Fold Cards

Discover ways to **move more** in your everyday life

EVERYDAY ACTIVE

everydayactivekent.org.uk

Many of us have busy, stressful routines, but finding ways to move about more during our everyday lives can make a huge difference to our health and wellbeing.

Search Everyday Active Kent

Regular physical activity can reduce your risk of:

Dementia by 30%	Type 2 diabetes by 40%
Colon cancer by 30%	Breast cancer by 30%
Hip fracture by 68%	Depression by 68%
Cardiovascular disease by 40%	

Source: www.gov.uk

There are lots of ways to move more in your everyday life, and you don't even need to change your regular routine to do it.

Getting your **three-a-day**
You don't even need to change what you normally do - your three-a-day can fit right in around your everyday routine.

What can I do?

Walk up & down the stairs

Star jumps

Shadow boxing

Lift a tin of beans

Dance round the living room

Stand & sit

Stretch on tiptoes

Lift a baby!

High knees

Find more ideas for moves you can do at everydayactivekent.org.uk

When can I do it?

Making a cuppa

TV ad break

Picking up the kids from school

Cooking dinner

Sitting at your desk

Brushing your teeth

Washing up

Checking social media

Use any spare moment to move more


Once you feel more confident about moving more, try adding another two-minute burst of activity into your day - the more you move, the better it is for you.

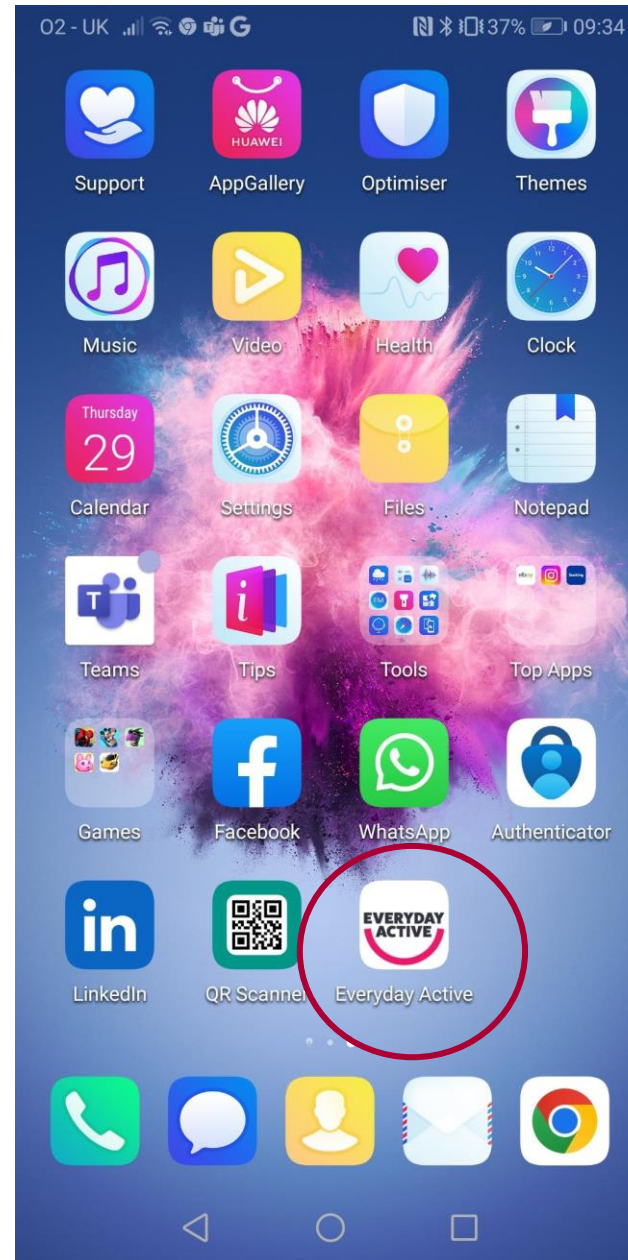
Everyday Active Workshops

Everyday Active – Web App

Install our app on your iOS device

To install our web app on your iOS device, follow the simple steps below:

1. Tap the share icon () located in the address bar to open the share menu.
2. Tap 'Add to Home Screen'. The Add to Home dialog box will appear.
3. Enter the name for the shortcut using the on-screen keyboard and tap 'Add'.
4. And you're done. Your browser will close automatically and you will be taken to where the app is located on your device.



Install via Android

- Visit the website on your device
- Click install when the pop up occurs
- The App is then installed on your phone

Everyday Active Challenge



Everyday Active Challenge May 2024

This Challenge runs from 1 - 31 May 2024 and it's all about swapping motorised transport for two legs or two wheels.

Travel Your Way This May

active
Kent & Medway

Start Date
1st May 2024

greener
Kent

Log Activity

Leave

EVERYDAY
ACTIVE
Challenge



End Date
1st Jun 2024

Everyday Active – Activity Finder



active
Kent & Medway

Add activity

Everyday Active

Find activities local to you

Kent, UK | All activities 

Powered by

 PLAYED



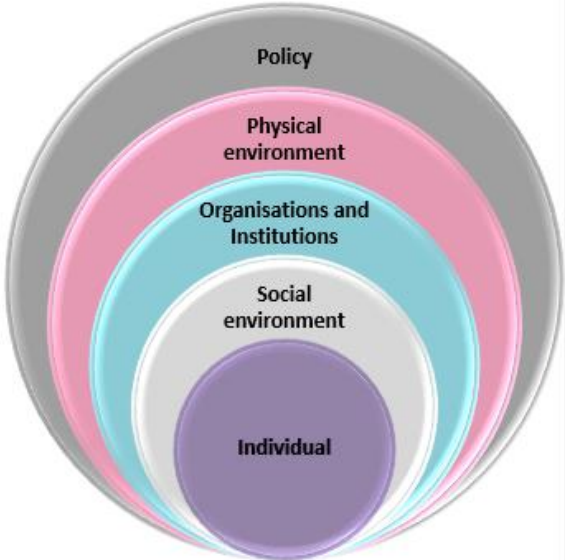
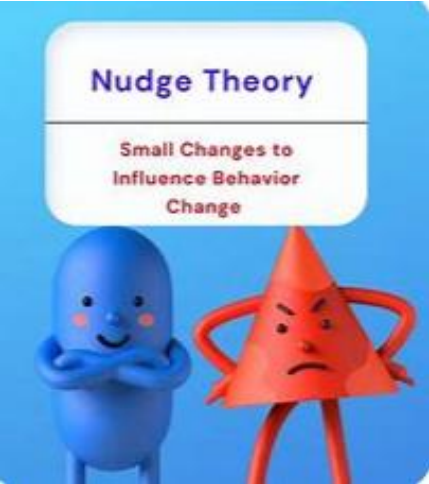
What have we learnt?



Stories Exercise groups Swimming

Rabia's Story

Hear how community swimming sessions have helped Rabia gain a lifeguard qualification to support her family and friends to become more active.



Still to come...

- Screen promotion
- Short film
- Everyday Active Champion grants
- Enhanced website filtering
- Children and Young People offer?
- Ongoing monitoring, evaluation and learning

Moving more helps:



- ✓ Reduce risk of cardiovascular disease
- ✓ Reduce risk for type 2 diabetes
- ✓ Reduce risk of some cancers
- ✓ Strengthen bones and muscles
- ✓ Improve mental health and mood
- ✓ Maintain a healthy weight
- ✓ Improve ability to do daily activities
- ✓ Increase your chances of living longer

Contacts & Links



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www.everydayactivekent.org.uk