

Useful Information To Help Patients Get Active



Local exercise

The following websites provide a range of exercise options available in Bristol, North Somerset & South Gloucestershire for all levels of ability:



Cycling

Lifecycle – offers free cycling training in Bristol and North Somerset, over 55s rides, reduced cost refurbished bikes: www.lifecycleuk.org.uk

Cycle Bristol CTC – weekly rides offered, of varying lengths, from easy to hard pace. Start in various places all over Bristol. £45 annual membership.
www.cyclebristolctc.org.uk

MapMyRide – free app to monitor how far you are cycling, your speed and routes which can be shared with friends: <https://www.mapmyride.com/>

In-2 Biking – Inclusive cycling club in Worle, North Somerset. Adapted bikes and two-wheeled bikes for those wanting to learn or gain confidence in cycling:
<http://age2age.org/in2biking.html>

Gym - Exercise Referral Scheme

Bristol – referral by GP to a 12 week programme at a participating leisure centre or gym for a reduced entry fee. Support from a fitness instructor. For more information see: <https://www.bristol.gov.uk/social-care-health/physical-activity-referral-scheme>

North Somerset – referral by GP for the Get Active Pass which offers limited free and half price access to gyms, swimming and court hire at participating leisure centres: <https://go4lifens.wordpress.com/go4life-schemes/getactivepass/>

South Glos – a new healthy lifestyles service is being established in April 2019

Running

Good Gym – combining getting fit with doing good. Run in groups to do physical tasks for community organisations, to make social visits to isolated older people etc. Runners are supported by personal trainers and running coaches. www.goodgym.org/

MapMyRun – free app to monitor what you have done, find routes and share with friends: www.mapmyrun.com

NHS Couch to 5km – free app to help beginners to get running over 9 weeks: www.nhs.uk/livewell/c25k/pages/couch-to-5k.aspx

Park Run – free 5km runs on Saturday mornings, all standards welcome. See event list on website for locations - www.parkrun.org.uk

Walking

Walking for health - walks are short and over easy terrain. They are open to everyone, but are especially aimed at those who are least active. <https://www.walkingforhealth.org.uk/>

Bristol walking routes – routes for both getting to work and leisure: www.travelwest.info/walk/maps-routes/bristol-walking-routes

North Somerset – details of walking group can be found at: <http://www.n-somerset.gov.uk/my-services/leisure/sport/getting-active/walking/>

South Gloucestershire – details of walking activities can be found at: <http://www.southglos.gov.uk/health-and-social-care/staying-healthy/getting-active/walking-for-health/>

