

Why we're focusing on physical activity

A physically active lifestyle is vital for keeping healthy. It can reduce our risk of major illnesses such as heart disease, stroke, diabetes and some cancers by up to 50% and lower our risk of early death by up to 30%. Even small increases in physical activity are associated with protection against chronic disease and an improved quality of life.

The health benefits of physical activity in older residents are even more pronounced, specifically on an older person's ability to maintain everyday activities and an independent lifestyle for longer.

Despite the health gains associated with physical activity not enough of us are reaching the recommended levels each week. We should aim to be active daily, and build up to 150 minutes of moderate physical activity each week, in bouts of at least 10 minutes. Comparable benefits can be achieved through 75 minutes of more vigorous activity. We should all spend less time being sedentary.

Promoting physically active lifestyles is an answer to many of the health challenges facing our borough. It presents a significant opportunity to improve the health and wellbeing of Ealing's residents, reduce all-cause mortality and improve life expectancy. It is widely agreed that promoting physical activity can save the NHS money and significantly ease the burden of chronic disease on local public services.

Whatever our age, there is good scientific evidence that being physically active can help us lead healthier lives.

Dr Jackie Chin, Director of Public Health



How active is Ealing?

The top participation sports and activities in Ealing are the gym, swimming, cycling, athletics and football. Some 62.7% of adults wish to do more sport, with swimming being the most popular.

The council is encouraging residents to lead more active lifestyles. Over 3,000 residents participated in the 2014 free summer activity programme. Activities included zumba, yoga, health walks, outdoor gym guidance, aerobics, football, futsal, tape ball, cricket and mini-tennis.

Ealing's schools have also been promoting healthy life styles to pupils and their

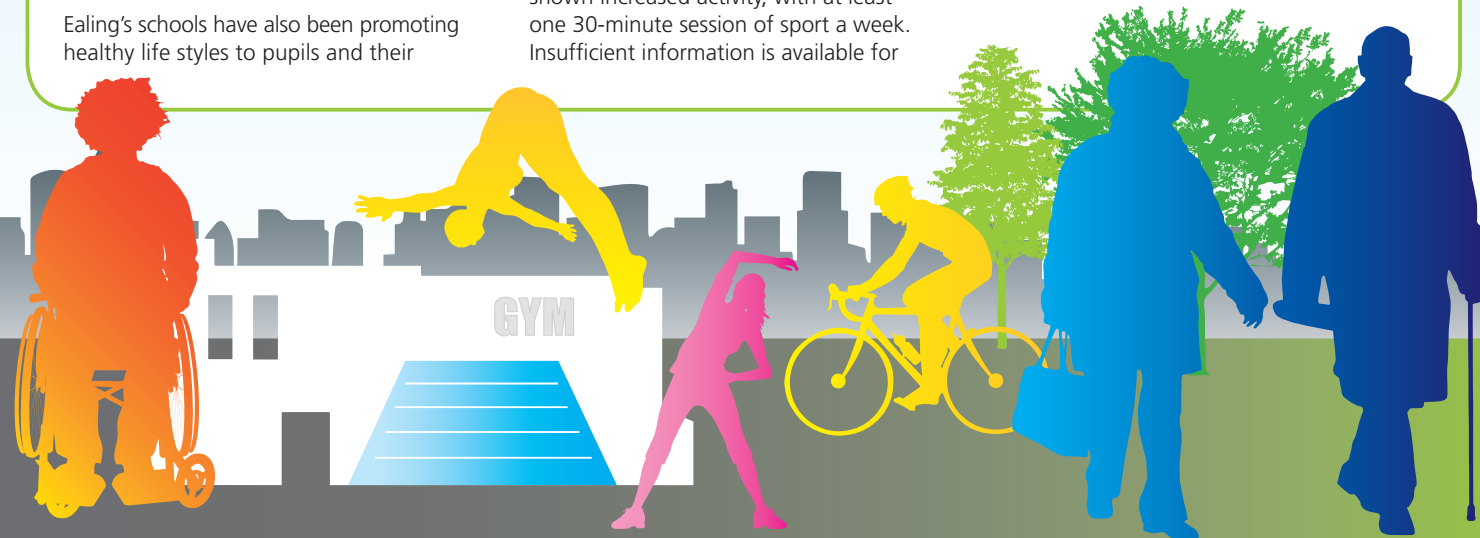
families, with walk to school promotions and health fairs. Ealing's schools also signed-up to the Sustrans National Big Pedal Competition, resulting in 7,084 journeys by bike and scooter.

Survey findings* suggest that 38.8% of Ealing's adults participate in 30 minutes of activity once a week, an increase of 2.6% since 2013, with 20.2% of adults active for 30 minutes, three times a week (a 7.3% increase since 2011). Those in age groups 16-25, 26-34 and 45-54 have shown increased activity, with at least one 30-minute session of sport a week. Insufficient information is available for

other age groups. Ealing's male population is more active than its female population, with 43% of males participating in at least one 30-minute session of sport a week, compared to 35% of females. Nearly half those from BME groups participate in at least one 30-minute weekly sports' session.

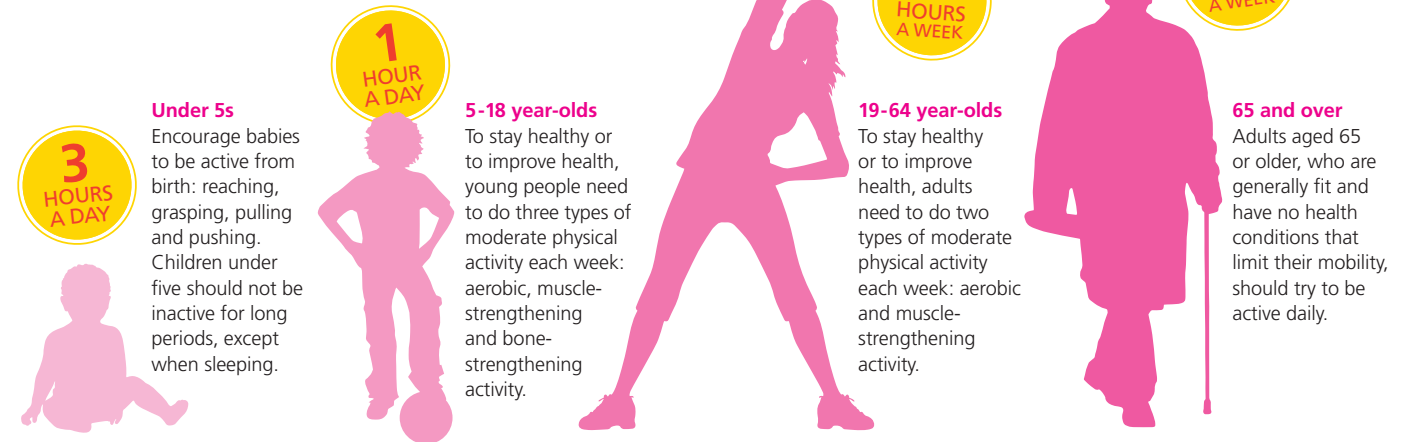
Whilst one in three of our white British residents are active, this is lower than average. All other findings are higher than London and England averages.

* London Sport, Active People Survey 8



Recommended activity levels

Moderate activity should raise your heart rate, make you breathe faster and feel warmer. Vigorous activity leaves you breathing hard and fast, with your heart rate up quite a bit. One minute of vigorous activity is about the same as two minutes of moderate activity.



Public Health



Get active...

Public health annual report 2014/15



Public Health



Good ways to be more active

Walking	Walking is simple, free and one of the easiest ways to start losing weight and become healthier. It is ideal for people of all ages and fitness levels who want to start getting more active.	Several guided health walks take place each week across Ealing. Joining one of Ealing's health walks is a great way to explore the borough's many parks and green spaces, get to know your local area and meet new people.
Cycling	Regular cycling can improve your fitness, helps you lose weight and fits easily into your daily routine. Like walking it's also a form of transport, good for the environment and saves you money.	The council offers cheap one-to-one cycle training for everyone over the age of six who lives, works or studies in Ealing, with free cycle roadworthiness checks also available. Ealing has cycle parking areas for over 3,700 bicycles.
Running	Regular running can help reduce your risk of heart disease, type 2 diabetes and stroke, boost your mood and help you lose weight. Taking up running need not be as daunting as you think.	Distance marker posts have been placed at even intervals along pathways in 23 of Ealing's parks to help users measure the distance they have jogged or run.
Swimming	Swimming is a great form of all-round exercise, ideal for staying healthy, whatever your age or ability. It's also a skill that could save a life. If you can't swim, it's never too late to learn.	There are four public swimming pools in Ealing. Ealing Swimming Club is the largest swimming club in the UK.
Strength and balance training	Regular strength and balance exercises can help with staying fit, mobile and independent. They can also help reduce the risk of falls in older people.	There are a wide range of gym and fitness centres across Ealing. Free exercise equipment is available in 26 of Ealing's parks and open spaces.
Aerobics	Regular aerobic exercises can help towards reducing your risk of heart disease, stroke, diabetes and some cancers.	Several of the council's leisure centres offer aerobics and aqua-aerobic classes, including women only sessions.
Gardening	All physical activity, regardless of whether it is perceived as exercise or not, is good for our health.	There's a wealth of information for those new to gardening on the council's website. For residents without a garden, the council, several charities and various independent allotment associations provide and manage 60 allotment sites across Ealing.
Gym activities	Some people find the structured environment of a gym motivating. Organised classes can give you support, goals and a chance to make new friends.	In January 2010 a new £15 million leisure centre opened in Northolt. In Acton the new Everyone Active Acton Centre has a 25m eight lane pool and a learner pool, a 100 station gym and two studios. Several of the borough's sports facilities offer women only activities.
Sports	Finding a sport you enjoy is a great way to get more physically active, make new friends and lead a healthier lifestyle.	Ealing has 14 indoor public sports facilities, offering over 30 different sports. Ealing is home to 53 badminton courts, 44 cricket pitches, numerous football pitches, 18 rugby pitches, eight golf courses and free tennis courts in ten parks.
Young people's activities	Physical activity in childhood helps build strong muscles, healthy bones and maintain a healthy weight.	Ealing has 45 Multi-use Games Areas, six artificial grass pitches, one skate park and a BMX track.
Older people's activities	Staying active is a good way to keep your health as you get older. Walking, gardening and dancing – they all count!	Ealing's staying active programme for older adults provides over 30 weekly sessions. Activities include: aqua aerobics, keep fit, indoor and bowls, yoga, table tennis, 'slimnastics', pilates, swimming lessons and supervised gym sessions.

Help, information and advice

Ealing Council's website has information and advice on a range of health and wellbeing matters. Visit: www.ealing.gov.uk and click on 'health and wellbeing'.

The NHS Choices website covers over 100 topics on healthy living. It explains the amount physical activity you should take for your age, and contains lots of ideas for building more activity into your everyday life. Visit: www.nhs.uk

The Change4Life website has loads of activities, recipes and other ideas to help you and your family lead healthier lives. Visit: www.nhs/change4life

What's next for you?

The best way to be more physically active is to find ways to build activity into your daily routine. This could mean cycling or walking all, or part, of your daily commute.

Alternatively you could get off one bus or train stop before your destination and walk the rest of the way. Even small changes like these can make a big difference to your health and wellbeing over time.

When you're ready to do a little more, Ealing's many parks, green spaces and leisure facilities offer a wide range of affordable, and often free, ways to get more active.

We know it's not always easy to make the lifestyle changes you need. Help, advice and details of all the activities listed here are available on Ealing Council's website: www.ealing.gov.uk

