

There are lots of
FREE

Haringey
LONDON

and affordable ways to
GET FIT
in Haringey



Move more live longer
www.nhs.uk/change4life



Healthy
Haringey

Free Guided Wellbeing Walks

A variety of walks taking place throughout the Borough. Run by local volunteers, most are 30 to 45mins long with a good and friendly atmosphere.

For more information contact:

Get.active@haringey.gov.uk
07971 113 463



Tennis for Free

Free tennis coaching in Haringey.

www.tennisforfree.com

[www.clubspark.lta.org.uk/
HaringeyTennis](http://www.clubspark.lta.org.uk/HaringeyTennis)

Haringey Leagues

www.localtennisleagues.com

Affordable Leisure Centres

- Discounts available for concessions who are Haringey residents.
- Free access for 65+ Monday to Friday – 9am to 5pm
- Free for registered carers accompanying a person they are caring for.

www.haringey.gov.uk/leisurecentres



Cycling Opportunities

Free training, free cycle maintenance, and more!

[www.peddlemywheels.com/try-
before-you-bike](http://www.peddlemywheels.com/try-before-you-bike)

www.haringey.gov.uk/smartertravel

www.wheelytots.com/ride

Back To Netball

Contact Sophie on **07872 407 213** or at sophie.johnson@englandnetball.co.uk

Gardening and Green Gyms

www.tcv.org.uk/london/haringey

Cardiac & Stroke Rehabilitation Programmes

Held at Haringey Leisure Centres.

Contact **0208 885 7307** or afl@fusion-lifestyle.com

www.fusion-lifestyle.com

Parks and Open Spaces

Find a park near you with our helpful online index.

www.haringey.gov.uk/parks

Good Gym

You can get and give something back to the community at the same time, this combines jogging and volunteering for an hour and a half once a week.

www.goodgym.org

Positive Energy

12 week weight management programme or people who are overweight and have a mental health condition or learning disability. Nutritional and behaviour change advice plus choice of 2 exercise sessions.

Contact **0208 885 7307** or afl@fusion-lifestyle.com

www.fusion-lifestyle.com/

Shape Up With Spurs

- Spurs have bespoke/ private sessions running for people who have specific needs.
- Activities range from walking football to weight management

Email: THF.activities@tottenhamhotspur.com



One You Haringey

One You Haringey provides a free health checks, lifestyle and wellbeing service that help residents to manage their weight, stop smoking, drink more moderately and become more physically active.

www.oneyoutharingey.org

info@oneyoutharingey.org

0208 885 9095



Disability and Inclusive Sport and Physical Activity

A variety of activities on offer from various organisations catering for all abilities, with disability specific and non-disability specific activities available.

www.haringey.gov.uk/inclusion

Silverfit

Fitness sessions for the over 45s, taking place on Tuesdays at 10.30am at Lordship Hub, Lordship Rec, Off Higham Road, Tottenham London, N17 6NU. You can choose from Yoga, Badminton, and Nordic Walking

www.silverfit.org.uk

info@silverfit.org.uk



Dance Exercise and Movement

Dance is a fun and rewarding form of exercise and a great way to keep fit!

See what dance activities are available in Haringey online at:

www.haringey.gov.uk/dance



Better With Age

Tottenham Green Pools & Fitness

- Monday - 50+ Workout
11:00 - 12:00
- Tuesday - Zumba Gold
10:00 - 10:45
- Friday - Better With Age
11:00 - 12:00

www.haringey.gov.uk/leisurecentres

Park Runs

Free timed 5k at Finsbury Park & Alexandra Park.

www.parkrun.org.uk



Junior Park Run

A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds), held every Sunday at 9:00 am.

www.parkrun.org.uk/priorypark-juniors/

Outdoor Gyms

- Chestnuts Park
- Brunswick Park
- Downhills Park
- Down Lane Park
- Duckett's Common
- Lordship Rec
- Finsbury Park
- Markfield Park
- Somerford Grove
- Hartington Park
- White Hart Lane Rec




Table Tennis

- 2 x Brunswick Park
- 1 x Down Lane Park
- 2 x Finsbury Park
- 1 x Muswell Hill Playing Fields
- 1 x Myddelton Road
- 2 x OR Tambo Recreation Ground
- 1 x Stationers Park



Need more information? Email: get.active@haringey.gov.uk

Physical activity benefits for adults and older adults

-  **BENEFITS HEALTH**
-  **IMPROVES SLEEP**
-  **MAINTAINS HEALTHY WEIGHT**
-  **MANAGES STRESS**
-  **IMPROVES QUALITY OF LIFE**

REDUCES YOUR CHANCE OF

Type II Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active

Sit Less

Build Strength

Improve Balance

VIGOROUS

MODERATE



MINUTES PER WEEK

75 OR 150

VIGOROUS INTENSITY

(BREATHING FAST
DIFFICULTY TALKING)

MODERATE INTENSITY

(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME

2

DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually:
just 10 minutes at a time provides benefit.

MAKE A START TODAY: it's never too late!



For more information contact: get.active@haringey.gov.uk