

## Links – how to get started on exercise

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| My website: Set goals. Start small. Go with friends. Plan it. Little rewards. Set reminders. Have any kit ready. Fit it in. Build up. | <a href="http://www.scarlettmcnally.co.uk">www.scarlettmcnally.co.uk</a>  |
| For doctors/nurses, with good section for others  | <a href="http://www.movingmedicine.ac.uk">www.movingmedicine.ac.uk</a>  |
| Find a swimming pool  | <a href="https://www.swimming.org/poolfinder/">https://www.swimming.org/poolfinder/</a>   |
| General tips  | <a href="http://www.benefitfromactivity.org.uk">www.benefitfromactivity.org.uk</a>  |
| Specific getting started for women  | <a href="http://www.thisgirlcan.co.uk">www.thisgirlcan.co.uk</a>  |
| How to get started for everybody  | <a href="https://www.csp.org.uk/public-patient/keeping-active-and-healthy/love-activity-hate-exercise-campaign">https://www.csp.org.uk/public-patient/keeping-active-and-healthy/love-activity-hate-exercise-campaign</a> |
| General tips  | <a href="https://www.nhs.uk/live-well/exercise/">https://www.nhs.uk/live-well/exercise/</a>   |
| Couch to 5 k  | <a href="https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a>   |
| Specific for heart problems   | <a href="https://www.bhf.org.uk/informationsupport/support/healthy-living/staying-active">https://www.bhf.org.uk/informationsupport/support/healthy-living/staying-active</a>   |
| Specific to improve mental health   | <a href="https://www.mind.org.uk/redjanuary">https://www.mind.org.uk/redjanuary</a>   |
| Park run (Saturday 9am free walk/run)   | <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a>  |
| Dementia friendly swimming  | <a href="http://www.swimming.org/dementiafriendly">www.swimming.org/dementiafriendly</a>  |

### for Eastbourne & Willingdon:

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| For clubs in East Sussex eg "dance" | <a href="http://www.escis.org.uk">www.escis.org.uk</a>  |
| East Sussex facilities              | <a href="https://www.eastsussex.gov.uk/leisureandtourism/sport/">https://www.eastsussex.gov.uk/leisureandtourism/sport/</a>   |
| Cycle training for adults           | <a href="https://www.eastsussex.gov.uk/roadsandtransport/roads/roadsafety/cycle-training/">https://www.eastsussex.gov.uk/roadsandtransport/roads/roadsafety/cycle-training/</a> |
| Cycling in Eastbourne (and map)     | <a href="http://bespokecyclinggroup.org.uk/">http://bespokecyclinggroup.org.uk/</a>   |