



Ways to move
MORE
in Camden

Moving more is beneficial for all of us – to improve our physical health, our wellbeing, help us meet new people & learn new skills. This resource provides information on how to keep active in Camden with home based exercise resources, activity finders, apps & info pages.

Local Activities

Wellbeing Walks in Camden

Free walks led by qualified Ramblers Walking for Health Leaders. Walks are taken at a gentle pace and typically 30-90 minutes, often finishing with a hot drink and chance to socialise with other walkers:

<https://beta.ramblers.org.uk/walking@camden.gov.uk>

Outdoor Gyms

Camden has nine outdoor gyms that are free to use with a variety of cardio, strength & toning equipment:

<https://www.camden.gov.uk/outdoor-gyms>

Camden Green Gym

Green Gym is natural exercise to make a difference. Fun & free practical nature conservation tasks from 4 green gyms in Camden:

<https://www.tcv.org.uk/london/green-gym-london/camden-green-gym/>

Phone: 07768 710 359

Camden Good Gym

Community group that helps older people & community projects with physical tasks and activities:

<https://www.goodgym.org/v3/areas/camden>

Park Run

Park Runs take place across the country every Saturday. Park run welcomes everyone - whether you'd like to walk, jog run or even volunteer and has a great community feel:

<https://www.parkrun.org.uk/>

Park Walk

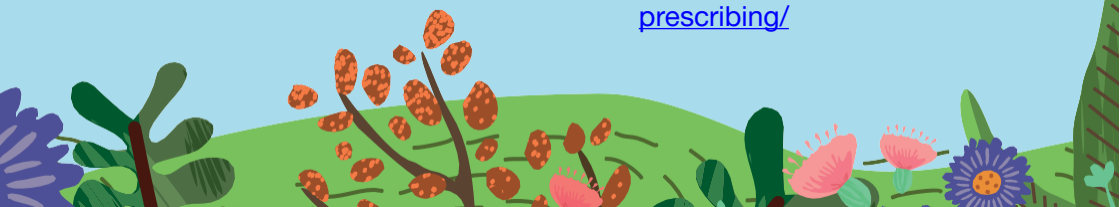
Work your way up to walking 5k with Park Walk 8 week programme:

<https://blog.parkrun.com/uk/2021/01/05/parkwalk-is-here/>

Camden Community Gardening and Volunteering

Camden's Parks for Health programme has a range of activities that support health in our local parks and green spaces:

<https://vac.org.uk/our-services/camden-green-social-prescribing/>



Local Activities continued...

Camden Leisure Centres

Camden has five leisure centres across the borough offering swimming, gym facilities, classes and more. Variety of membership options available including pay & play, disability and concessionary memberships:

<https://www.better.org.uk/leisure-centre/london/Camden>

Central YMCA

London's largest gym facility based on Great Russel Street. Offers older adults classes as well as GP Referral programmes, gym memberships fitness classes, swimming, sports clubs and more:

<https://www.ymcaclub.co.uk/>

0333 222 0146

The Armoury (part of Jubilee Hall Trust)

Gym facility based in Hampstead offering fitness classes, gym memberships, older adult and GP referral programmes:

<https://www.armourygym.co.uk/>

020 7431 2263

Local Activity Finders

Camden Activity Map

Find providers on our interactive activity map:

<https://www.camden.gov.uk/keep-active-healthy#fqde>

We Can Move

Camden based campaign with tips on getting active locally. Hear from local We Can Move Champions and use the Lets Move More in Camden page to find out about local activities: <https://www.wecanmove.co.uk/>

Get Active

London Sport have created Get Active, an activity finder to help you access free and low-cost activities in your local area or from home.

Enter your postcode into the search box to see the closest activities near you.

<https://getactive.io/>

Social Prescribing

Want to speak to someone about local activities? Call the community links health advocates on [0800 193 6067](tel:08001936067).



Useful apps

Couch to 5K

This app has been designed to get you off the couch and running in just nine weeks. Grab your trainers, download the app and follow the step-by-step instructions.

Download the app from [App Store](#) or [Google Play](#)

Active 10

Active 10 tracks your walking and shows you when to increase your pace to benefit your health. The app is designed to quickly and simply help you do more brisk walking in bursts of 10 minutes.

Download the Active 10 app from [App Store](#) or [Google Play](#)

BETTER UK

Download the BETTER UK app to book sessions and access digital content across public leisure centres in Camden.

Download the app from the [App Store](#) or [Google Play](#)

Her Spirit

A virtual community offering women personalised coaching to get fitter, stronger and healthier. Her Spirit includes live classes, fitness programmes, virtual challenges as well as wellbeing resources & nutritional information.

Download the app on the [App Store](#) or [Google Play](#)

EXI

EXI is an evidence-based app which analyses your health and produces a personalised 12 week plan that helps you gradually increase your activity levels. Suitable for people new to exercise, and people living with health conditions.

Download the app from the [App Store](#) or [Google Play](#)



Useful Websites

This Girl Can

Information on how to keep active at home telling womens' stories and how they keep active. They also have an activities page if you're not sure where to start:
<https://www.thisgirlcan.co.uk/activities/home-exercise/>

We Are Undefeatable

Being active can help you manage a health condition by improving symptoms and your wellbeing. This campaign website has tips and advice for moving more from others living with health condition:
<https://weareundefeatable.co.uk/>

NHS Better Health

Information about getting active, eating better and improving your health. The Get Active page has lots of tips and ideas to help you become more active:
<https://www.nhs.uk/better-health/get-active/>

Stay in Workout

Live virtual classes timetable, lots of resources and tips for exercising at home for all abilities and ages:
<https://www.sportengland.org/jointhemovement>

Our Parks

Our parks has lots of live classes as well as pre-recorded classes for all abilities. Classes are colour graded by ability, with a description of the class to help you choose one suitable for you. They have programmes for families and individuals too including their "Couch to" programmes:
<https://ourparks.org.uk/>

Couch to fitness

Free online 9-week programme for beginners:
<https://couchtofitness.com/couch-to-fitness>

Couch to Bhangra

4 week online beginners home dance exercise programme:
<https://couchtofitness.com/bhangra>



Move more with health conditions

Health Conditions and Disability Specific Information and resources

A collection of reputable websites and organisations providing information about being active with a number of health conditions. Some websites provide exercise programmes, educational information as well as help in finding suitable activities. In some cases you may need to contact the organisation of take an assessment before using the information.

Camden Integrated Primary Care Falls Service

The Camden Integrated Primary Care Falls Service provides two levels of falls prevention exercise groups: the Staying Steady exercise programme and the clinical referral scheme for physical activity. Patients are directed to the group that is most appropriate for their ability. <https://www.cnwl.nhs.uk/services/community-services/camden-integrated-primary-care-falls-service-exercise-groups>

Love activity, hate exercise

<https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-term>

Stronger My Way Campaign

Physio-approved, reliable advice to help you maintain and improve your physical strength. Specifically designed for those suffering with long term health conditions who might be struggling with physical or mental health symptoms:

<https://www.csp.org.uk/campaigns-influencing/campaigns/stronger-my-way>

Arthritis/Muscular Pain

Arthritis Helpline - 08005200520

Versus Arthritis information on exercise with arthritis:

<https://www.versusarthritis.org/about-arthritis/exercising-with-arthritis/>

Live and recorded videos for types of muscular pain:

<https://www.facebook.com/ConnectPhysiotherapy/>

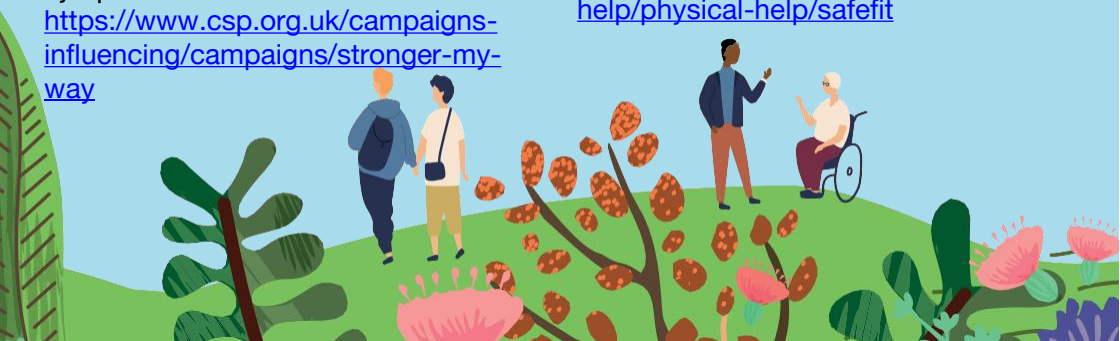
Cancer

Cancer Research webpage on physical activity:

<https://www.cancerresearchuk.org/about-cancer/coping/physically/exercise-guidelines>

SafeFit is a remote service for those with suspicion of or confirmed diagnosis of cancer. Who put you in contact with a cancer exercise specialist:

<https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/safefit>



COPD/ Respiratory

Conditions Asthma and Lungs UK

Exercise Videos:

<https://www.blf.org.uk/support-for-you/keep-active/exercise-video>

Kidney Disease

Kidney Care UK Exercise Information:

<https://www.kidneycareuk.org/>

Beam: Online Exercise videos, classes, tips and advice from physiotherapists:

<https://beamfeelgood.com/on-demand/kidney-disease>

Diabetes

Diabetes & Exercise webpage:

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise>

Mental Health

Mental Health Camden Digital collective:

<https://www.mentalhealthcamden.co.uk/resources-0>

MIND webpage on physical activity and mental health:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

Healthy Minds in Camden Project

To join call 0207 241 8996 or

email healthymindscp@mindincamden.org.uk

Long Covid

NHS advice on moving with long covid:

<https://www.yourcovidrecovery.nhs.uk/your-wellbeing/getting-moving-again/>

Neurological Conditions

LEGS (Local Exercise Groups for Stroke & neurological conditions) provides supported exercise groups led by physiotherapists for people who have had a stroke or live with a neurological condition:

<https://www.legs.org.uk/>
0203 894 4163

Stroke

Getting Moving after Stroke:

<https://www.stroke.org.uk/life-after-stroke/getting-moving-after-stroke>

My Stroke 12 week exercise guide:

<https://mystrokeguide.com/news/12-week-stroke-specific-exercise-video-programme>

Local support groups and online exercise classes:

<https://differentstrokes.co.uk/>

Parkinson's

Parkinsons UK Exercise at home:

<https://www.parkinsons.org.uk/>

Exercise at home Youtube Videos:

<https://www.youtube.com/c/parkinsonsuk>

Physio led online programme for people with mild Parkinson's:

<https://www.reachyourpeakonline.com/>

Cardiovascular Conditions

British Heart Foundation information on staying active:

<https://www.bhf.org.uk/informationsupport/support/healthy-living/staying-active>



Disability

Disability Sports Coach

Virtual and face to face physical activity opportunities:

<https://disabilitysportscoach.co.uk/dscathome/>

Camden Disability Action

Advice and advocacy services to help deaf and disabled people to access services and resources.

020 7974 6014

<https://camdendisabilityaction.org.uk/>

National Disability Sports Websites

<https://britishblindsport.org.uk/>

<https://cpsport.org/resources/>

<https://www.wheelpower.org.uk/resources/category/Sport-and-Physical-Activity>

<https://ukdeafsport.org.uk/>

<https://limbpower.com/resources>

<https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-sport>

Pool Pods Camden

Pool pods are the latest way to access the pool if you are interested in swimming but have limited mobility

Older Adults

Later Life Youtube Channel:

https://www.youtube.com/channel/UCqen30veJkDw_izbDFMyb6w

Central YMCA Youtube:

<https://www.youtube.com/c/centrallymca>

AGE UK – Being active as you get older:

<https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/>

Webpage on home exercise for older adults:

<https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength>

Love to Move – Dementia Friendly Exercise:

<https://britishgymnasticsfoundation.org/lovetomove/>

Camden Council Older Adults and physical activity website:

<https://www.camden.gov.uk/activities-older-people>

GLL Older Adults Programme Better leisure centres in Camden offer the Better 55 club including free swimming for those aged 60+:
<https://www.camden.gov.uk/activities-older-people#mv1x>

Have some suggestions for this resource? Contact
Jerome.Brooks@Camden.gov.uk