

THIS GIRL CAN IN ROYAL GREENWICH

GET ACTIVE YOUR WAY



INTRO

#FIT GOT REAL



Greenwich Get Active is supporting the national 'This Girl Can' campaign to help women and girls in the Royal Borough of Greenwich move more, be healthy and most of all, have fun!

There's no one right way to get active, if it gets your heart rate up then it counts. We want you to find something that's right for you, be it an organised session, dancing round the kitchen, cycling to work or literally running the school run.

In this booklet you will find a range of activities that take place across the Royal Borough of Greenwich which are all designed to be **FUN, FRIENDLY** and make you feel **FABULOUS!**

In fact, there are so many great activities taking place that we couldn't fit them all in, so if these don't suit you then check out the Greenwich Get Active website for many more.

We offer free, friendly and one-to-one support and encouragement to get you started and for you to maintain an active lifestyle.

VISIT GREENWICHGETACTIVE.COM
(ALL: 0800 470 4831)

 @royal_greenwich

 royalgreenwich

 @royalgreenwich



HOW MUCH EXERCISE DO I NEED TO DO?

EVERY 10 ACTIVE MINUTES COUNTS, AIMING FOR 150 MINUTES A WEEK. DOING SOMETHING IS BETTER THAN NOTHING, BUT THE MORE YOU DO, THE MORE YOU BENEFIT.

GIRLS - UNDER 16



We know sometimes starting a new activity can be intimidating. You may worry that you won't know what you are doing, that people will look at you or that you will look hot and sweaty whilst exercising. But remember, everyone else will be feeling the same!

BEING ACTIVE IS A GREAT WAY TO HAVE FUN, HANG OUT WITH YOUR FRIENDS AND WILL HELP YOU TO FEEL GREAT.

Try to choose activities that make you breathe faster and feel warmer and spread activity throughout the day. These could include running, cycling, dancing or playing sport.

Being active can not only make you feel great but is good for your health and development too. For younger girls, try things like swinging on playground equipment, hopping and skipping, and sports such as gymnastics or tennis for strong muscles and bones.

Find ways to sit less and reduce the time you spend watching TV or playing computer games.

Why not encourage your parents or carer to walk or cycle instead of travelling by car?



DID YOU KNOW - THAT EXERCISE IS A GREAT WAY TO RELAX AND UNWIND - PERFECT DURING THOSE BUSY EXAM PERIODS!

ACTIVITIES AVAILABLE TO YOU

WILDCATS ♀

Long Lane Junior Football Club, SE3 8PB
Mondays 4-5pm

Call Long Lane JFC on 020 8856 1051

Girls football for 5-11 year olds. Have fun, make friends, play football.

Cost: £3

NRG (DANCE) ♂♀

The Tramshed, SE18 6ES

Tuesdays 4-5pm

Call GLYPT on 020 8854 1316

A weekly fun and energetic dance class to develop skills, create routines and perform.
For ages 8-12 years.

Cost: £4

BOXING ♂♀

Woolwich Common Community Centre,
SE18 4DW

Tuesdays & Fridays 7.30-8.30pm (7-11 years)

Tuesday & Fridays 8.30-9.30pm (12+)

Call Woolwich Common Community Centre on 020 8855 2437

Learn the technique, skills and discipline of boxing in these weekly, non contact sessions.

For ages 7+

Cost: Free

GIRLS FOOTBALL ♀

Sporting Club Thamesmead, SE28 8NJ

Thursdays 6-7pm

Call SCT on 020 3828 4920

Fun football sessions for girls focusing on developing young football players. For ages 7-11 years.
For ages 8-12 years.

Cost: £4

NETBALL ♀

Sporting Club Thamesmead, SE28 8NJ

Thursdays 7.30-9pm

Call SCT on 020 3828 4920

Fun and friendly weekly netball session for women and girls.
For ages 11+

Cost: £3

TENNIS ♂♀

Gordon Primary School, SE9 1QG

Saturdays 10-30-11.30am

Email Twist Fizz - hello@twistfizz.co.uk

Beginners touch tennis in partnership with Charlton Athletic FC. Perfect for anyone who has tried tennis at school and would like to learn more.

For ages 10-14 years.

Cost: Free

PRE-BOOK

JUNIOR PARKRUN ♂♀

Eltham Park South, SE9 1AN.

Sunday 9-9.30am

Visit www.parkrun.org.uk

Fun, weekly 2km run for children aged 4-14 years. Don't forget to pre-register via the website before your first event.

Cost: Free

BMXING ♂♀

Sutcliffe Park Sports Centre,

SE12 8DB, Sundays 9-10am

Call SPSC on 020 8294 0701

Group beginner lessons at the indoor skate park. (Bikes and protection provided subject to availability).
For ages 5+

Cost: £3

PRE-BOOK

Greenwich Get Active has loads of activities for you and your friends. Visit the website to find out what's on near you: greenwichgetactive.com



* information is accurate at time of printing, please check the GGA website for update information.



Mixed



Female only



Intermediate class

* All classes are suitable for beginners unless otherwise stated



Mixed



Female only



Intermediate class

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WOMEN 16-65



Getting active in everyday life helps boost energy, fitness and wellbeing. Regular activity can help manage stress and keep us healthy. It can also be a great way to have some all-important 'ME TIME', meet new people or spend time with friends and family.

We know that starting something new can be scary. You might worry about what to wear, not being fit enough, or even how you can fit it into your routine. But don't worry – there are lots of ways to be active, the key is to start small and build up gradually at your own pace. And remember, others will be beginners too!

It can be difficult to juggle work, kids and a social life so why not use different physical activities to spend QUALITY TIME as a FAMILY or with your FRIENDS? Or if you need a break and time to yourself then an activity like yoga or a walk through the park can be a great way to relax and unwind – and if you have kids, don't be afraid to ask a partner or family member to support you to do this.

Building activity into your daily routine is easier than you think. If none of these activities suit you then why not check out the Greenwich Get Active website where there are hundreds more!



GET ACTIVE EVERYDAY: TAKE THE STAIRS INSTEAD OF THE LIFT, GET OUT AND DO SOME GARDENING OR WHY NOT TRY DOING STAR JUMPS DURING THE TV BREAKS – IT ALL ADDS UP!



ACTIVITIES AVAILABLE TO YOU

WOMEN ON WHEELS ♀

Hornfair Park, SE18 4LX

School Term Time Mondays 9:30-11am

Call Harriet Plows on 020 7993 9883

WoW Cycling is a fun and active social community group for women who want to learn to ride a bicycle, develop skills and support each other cycling.

Cost: Free

ZUMBA ♀♂

Greenwich West Community Centre, SE10 8JA

Mondays 6.45-7.45pm

Call Lorraine on 07403 688540

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Cost: £8 (£6 for students/over 60's)

ZUMBA ♀♂

The Tramshed, SE18 6ES

Mondays 7.30-8.30pm & Thursdays 7-8pm

Call GLYPT on 020 8854 1316

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Cost: £5

CIRCUITS ♀

Sporting Club Thamesmead, SE28 8NJ

Wednesdays 9.30-10.30am

Call SCT on 020 3828 4920

Exercises designed to increase your strength and stamina using weights, band, steps and floor work. Ages 14+

Cost: £3

WOMEN ONLY ♀

WATER WORKOUT

The Eltham Centre, SE9 1HA

Wednesdays 8-9pm

Call the Eltham Centre on 020 3915 4330

Low impact water based exercises. A great workout that is easy on the joints.

Cost: enquire at centre

BADMINTON ♀

Waterfront Leisure Centre, SE18 6DL

Thursdays 7-8pm

Call the Waterfront on 020 8317 5010

Meet up with like minded people to play fun badminton sessions.

Cost: enquire at centre

LEGS, BUMS & TUMS ♀

Sporting Club Thamesmead, SE28 8NJ

Fridays 9.30-10.30am

Call SCT on 020 3828 4920

Weekly group work out to target legs, bums and tums.

Cost: £3

PARKRUN ♀♂

Avery Hill Park (meeting outside café), SE9 2EU

Saturday 9-10am

Visit www.parkrun.org.uk

Walk, jog or run our weekly timed 5km run. Remember to pre-register before your first run via the Parkrun website.

Cost: free

RUNNING ♀

Eltham Park South (by café), SE9 1AG

Saturdays 11am

Contact Juliet -

261fearlessgreenwich@gmail.com

Empowering women through running! A local fun and friendly running group for women of all levels. We love beginners especially.

Cost: £2

PRE-BOOK

BMXERCISE ♀

Greenwich, BMX Track Hornfair Park, SE18 4PU

School Term Time Sundays 10-11am

Call Harriet Plows on 020 7993 9883

BMXercise is a great way to get fit, have fun and meet new people. The sessions work to increase fitness, especially, core strength, stability and balance picking up BMX techniques in the process.

Cost: £5

BOOTCAMP ♀♂

Plumstead Gardens, SE2 9HP

Sunday 10-11am

Visit www.ourparks.org.uk

Free weekly bootcamp for all ages and abilities. Please pre register before your first session via the Our Parks website.

Cost: Free

Greenwich Get Active has loads of activities for you and your friends. Visit the website to find out what's on near you: greenwichgetactive.com

PRE-BOOK

PRE-BOOK



65 AND OVER



Did you know that physical activity and exercise can help us to stay **HEALTHY** and **INDEPENDENT** as we get older?

Not only can it help us to feel happier, it can also help to lower the risk of many health conditions such as heart disease, stroke, Type 2 diabetes and dementia.

The Royal Borough of Greenwich has lots of physical activity opportunities for adults, such as our Active for Health programme, which has over 50 classes at local venues, from Line Dancing and Tai Chi to chair-based exercises.

Activities that improve your strength and challenge your balance can also reduce your risk of falls.



JOINING IN WITH A LOCAL ACTIVITY CLASS OR WALKING GROUP CAN BE SOMETHING TO LOOK FORWARD TO, A GOOD WAY TO KEEP UP WITH THE LOCAL GOSSIP AND WILL HELP TO GIVE YOU MORE ENERGY TO KEEP UP WITH THE GRANDKIDS.



ACTIVITIES AVAILABLE TO YOU

TAI CHI 'CHAIR BASED'

Slade Hall, SE18 2QQ

Mondays 10.30-11.30am

Active for Health 0800 587 5833

Gentle movements especially suitable for people with reduced mobility or long term health conditions.

For ages 50+

Cost: Free

HEALTHY WALKS

Meet at St Mary's Gate, SE10 9JH

Tuesdays 9.45-10.45am

Live Well Greenwich 0800 470 4831

Greenwich Park walk - these instructor lead walks are fun, free and friendly.

Cost: Free

ZUMBA GOLD

Age UK Bromley & Greenwich,

SE9 6EX, Tuesdays 2-3pm

Age UK 020 8294 3013

Latin inspired dance class, designed for mobility, flexibility, balance and to keep those thinking skills in good working order.

For ages 50+

Cost: £6

TAI CHI

Coldharbour Community Centre,

SE9 3AY, Wednesdays 2.15-3.15pm

Active for Health 0800 587 5833

Ancient Chinese exercise for improving strength, balance and co-ordination.

For ages 50+

Cost: Free

PRE-BOOK

LINE DANCING

C2K Community Centre, SE2 9PH

Wednesdays 2.30-3.30pm

Active for Health 0800 587 5833

Fun routines to popular music. No partner or experience necessary.

For ages 50+

Cost: Free

HEALTHY WALKS

Meet outside the Slade Library and

Children's Centre, SE18 2QQ

Thursdays 9.30-10.30am

Live Well Greenwich 0800 470 4831

Slade health walk - these instructor lead walks are fun, free and friendly.

Cost: Free

STRENGTH, STRETCH AND RELAX

New Wine Church, SE18 6QQ

Thursdays 1.15-2.15pm

Active for Health 0800 587 5833

Simple exercises to improve muscle strength and flexibility and to help maintain your independence.

For ages 50+ | Not suitable for beginners |

Cost: Free

STRENGTH STRETCH AND RELAX

Slade Hall, Plumstead, SE18 2QQ

Wednesday 12:30-1:30pm

Active for Health 0800 587 5833

Simple exercises to improve your muscle strength, flexibility and help you relax. Standing or seated options.

Cost: Free

ACTIVE 50

Long Lane Junior Football Club, SE3 8PB

Friday 10-11am

Call Long Lane JFC on 020 8856 1051

Join us for fun games, tea and cake!

Activities include; walking football, table tennis and seated exercise

Cost: Free



Call the Live Well Greenwich line where our team of friendly advisors are ready to help you find an activity that suits you. Just call **0800 470 4831** or visit **livewellgreenwich.org.uk** for more information.



Mixed



Female only



Intermediate class

* All classes are suitable for beginners unless otherwise stated



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Female only



Intermediate class

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PREGNANCY & POST PREGNANCY



PREGNANCY

Gentle activity during pregnancy is good (and safe) for you and your baby. Not only does it help you maintain a healthy weight, it is a great way to meet other new mums-to-be and helps prepare your body for labour.

If you are used to doing regular physical activity, keep it up, but **do what feels comfortable for your body** – every little bit counts. You may need to slow down as your pregnancy progresses, talk to your GP or midwife if you're unsure.

If you're not used to exercising, or haven't done so for a while, try starting off with **10 minutes of daily activity** - perhaps take a brisk walk, or go for a swim. You can then build up to **150 minutes a week**.

POST PREGNANCY

When you're feeling tired, being active may seem like the last thing you want to do. But regular activity can relax you, keep you fit and help you feel more energetic. It can also **help your body recover after childbirth** and may help prevent postnatal depression.

If you had a straightforward birth, you can start gentle activity as soon as you feel up to it, such as going for a walk. If you had a caesarean, your recovery time will be longer, so talk to your midwife or GP before starting anything too strenuous.



DON'T FORGET THAT YOUR BABY NEEDS TO BE ACTIVE TOO. THERE ARE LOTS OF GROUPS IN THE ROYAL BOROUGH OF GREENWICH THAT ARE NOT ONLY GREAT FOR YOUR BABY'S DEVELOPMENT, BUT ALSO GIVE YOU A CHANCE TO MEET OTHER LIKE-MINDED PARENTS.

Check out [livewellgreenwich.org.uk/earlyyears](https://www.livewellgreenwich.org.uk/earlyyears) to find what's going on near you.



ACTIVITIES AVAILABLE TO YOU

MOTHER AND BABY YOGA ♀

ArtFix, SE18 6HZ

Mondays 10.30-11.30am

Call Rebecca on 07917 222077

Gentle yoga sessions for new mums, these classes will help the body to recover from pregnancy whilst calming the mind. This class is designed for mums with their babies, incorporating little ones into each exercise.

Cost: £10 (discounted block booking)

BUGGY RUNNERS ♀

Greenwich Park, SE10 8QY

Tuesdays and Thursdays 10.15 - 11.15am

Call Ellie on 07958 225598

Post natal buggy fitness group to support and guide new mums. Babies and toddlers welcome. Meet at the bandstand.

Cost: £9 (discounted block booking)

PREGNANCY YOGA ♀

Alderwood Childrens Centre, SE9 2JH

Thursdays 10-11am

Call the Alderwood's Children's Centre on 020 8850 5927

This class helps to promote strength and flexibility whilst addressing some of the common ailments of pregnancy and equipping you to relax in both pregnancy and labour.

Cost: £2

PRE-BOOK

LITTLE SPLASHERS ♀

The Eltham Centre, SE9 1HA

Thursdays 10-11am

Call the Eltham Children's Centre on 020 8859 1110

Fun swimming session for parents and babies under 2.

Cost: Free

PILATES FOR BEGINNERS ♀

Waterways Childrens Centre, SE28 8EZ

Thursdays 11.45am-12.45pm

Call the Waterways Children's Centre on 020 8311 5491

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.

Cost: £2

PREGNANCY YOGA ♀

ArtFix, SE18 6HZ

Saturdays 9.45-10.55am

Call Rebecca on 07917 222077

Designed to support the changes that happen to your body during pregnancy by offering healthy, safe ways to breathe, move and strengthen the body and ease the process of supporting a growing baby.

Cost £10 (discounted block booking)

PRE-BOOK

PRE-BOOK

+16 WEEKS

THIS GIRL CAN

Cuter than a dumbbell, but just as heavy.



SERVICES / USEFUL LINKS

THIS GIRL CAN

This Girl Can, funded by The National Lottery, believes that there's no right way to get active. Here you will find lots of brilliant activity ideas and inspiring stories from women like you!

thisgirlcan.co.uk

LIVE WELL GREENWICH

All sorts of things in life affect our health and wellbeing. GGA is part of Live Well Greenwich which offers signposting and support to get the help you need to live a happier, healthier life. **Call the Live Well Greenwich line on 0800 470 4831 or visit the website to find out more.**

livewellgreenwich.org.uk

GREENWICH COMMUNITY DIRECTORY

Your online health and social care directory. An online resource offering local residents access to information on social care, health, wellbeing and advice services in Greenwich.

greenwichcommunitydirectory.org.uk

XPLORE

A healthy lifestyle programme for children, young people and their families. It helps kids become fitter, healthier and more active. It takes place once a week for 8 weeks at leisure centres across the borough.

Call 0208 317 5010 (option 5).

livewellgreenwich.org.uk/explore

CHANGE4LIFE

Make a change today with Change4Life! Discover sugar swaps, healthy recipes, nutritional advice, and top tips and activities to help your kids stay healthy.

nhs.uk/change4life

START4LIFE

Trusted NHS help and advice during pregnancy, birth and parenthood.

nhs.uk/start4life



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