**Activity advice sheet**

This sheet details ways to increased physical activity, which might help with prevention or treatment of medical conditions.

These conditions might include blood pressure, cholesterol, diabetes, falls, depression, anxiety and being overweight amongst others.

Research has shown again and again that even a slight increase in physical activity can reduce risks of heart attacks and strokes as well as increasing strength and wellbeing, both physically and mentally.

Whilst some people might just be aiming to walk a little further some days, others might want to take up sports such as swimming and running. We would support all of these ideas – anything that gets you more active.

Below is a list of ideas:

1. Walking football. Every Tuesday at the high school. See walkingfootballscotland.org.
2. Beginners running group for women – once weekly meeting for women who have not run before or not for a while – thesegirlscanrun.weebly.com.
3. Kelso parkrun – weekly 5k (3 mile) run or jog along the old railway in Kelso on a Saturday morning – [www.parkrun.org.uk](http://www.parkrun.org.uk).
4. Live Borders – in most Borders towns, Live Borders offers a huge range of activities for all types – from simple swimming pool based exercises and balance classes to boxing and spin cycling classes. Whatever your age or capability, they will have something for you – liveborders.org.uk.
5. Kelso Netball Club (Comets) – for all abilities. No experience necessary. Meet every Monday. Visitkelso.com/listing/kelso-netball-club/.
6. Cycling – Kelso Breezers are a group for women who haven’t done much cycling or who have not done much for a while and want to start again. A variety of distances to suit all. Meet on Sunday mornings – letsride.co.uk/groups/borders-breezes.
7. A similar group with similar aims is the Easyriders – www.easyriders.cc.
8. Couch to 5k. A starter for those wanting to begin running and get to a 5k (3 mile level). Then you can do our parkrun! Downloadable as an app – “One You Couch to 5k”. Provided by Public Health England.
9. Abbey Fitness Centre in Kelso will tailor exercise regimes for all levels. Abbeyfitness.co.uk.
10. Fitness Academy Kelso provide a similar service – fitnessacademykelso.co.uk.
11. Kelso Ladies Rugby Club welcome people of all ages, sizes and abilities – search on FaceBook.
12. Kelso Hockey Club meets on Thursdays for people who haven’t played before or have only played a little - <https://www.bordershockeydevelopment.org/kelso-ladies-hockey-club/>.
13. Michelle Douglas dance school offers morning fitness classes for those over 55 - https://www.mpulsivedance.com.
14. Sparkle and Shine – search on FaceBook. A group for ladies wanting to meet up for walks.
15. Can-fit and cani-hike beginner classes for those with dogs. In the Bowmont Forest: <https://cani-fit.com/events/category/classes/>
16. Yfit40 (search on FaceBook) – varied classes from Pilates to music exercise (seated and full movement) and spinning. British Heart Foundation affiliated.