



## Fit 4 Free

The New Year is an ideal time to resolve to be fitter. However money is still tight. You may decide to take advantage of one of the offers from Leisure East Devon, or another of our many sports organisations in East Devon but for some people this is still not going to be affordable or convenient.

If you have a dog, children or grandchildren they can be great excuse, you can get fitter alongside them. However there is plenty you can also do with your partner or your friends, or by yourself.

The secret is to make your exercise varied and part of your day to day life so why not use places you know already rather than the gym.

For many people they would like to exercise to help with weight control, illness or stress relief so specialist equipment for elite athletes is just not necessary.

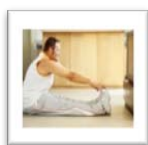
This brochure is about getting fitter and more active with minimal outlay. We have divided it into different sections:

- The library
- Your front room
- The garden
- The Street
- The Park
- The Sea
- The Countryside
- Community Halls



### **The Library**

This might seem a strange place to start your fitness regime but the library has fitness books and videos, access to the internet, and details of lots of active community groups in your area.



### **Your front room**

Arm yourself with a fitness, pilates, tai chi or yoga book or video, or a print out from a website. Maybe find that old exercise equipment or an old gym ball, and put it in front of the TV and you can start your fitness regime. Just some gentle stretches to start with – or maybe someone else in the family has a Nintendo Wii fit.

Don't forget that small ads will sometimes advertise fitness equipment or try "free cycle" (a web site advertising free equipment and materials).

How about drawing the curtains and doing some shadow boxing or dancing to the radio or conducting your music?

Maybe an active game with your younger children or grandchildren (Twister?).

Walking up and down stairs is pretty good exercise too.



## The Garden

Even if you have quite a small garden there is lots of scope for exercise in the garden. Even if its a bit cold for much of the year gardening is a good way to stretch, bend and lift (with care!). Similarly some outdoor DIY.

What about reviving a skill from an earlier time – a bit of a kick about or tennis, (with a ball against the wall), maybe some skipping, juggling, baton twirling, “keepy-uppy”, hula hoop, swing back tennis, or similar to improve your co-ordination and mobility? Balancing, stretches, hopping, jumps all get your muscles working better.



## The Street

Some gentle jogging, roller skating, scooter, cycling or maybe just a brisk walk can be a good way to get back into exercise. Try to avoid using the car or bus so much and walk a bit further. Start to plan some runs, walks or cycles in advance to explore your area (maybe even to map your area or things within it). Do you have some friends who you can do these things with? It helps to keep the motivation going if there is more than one of you. Parkour (free-running) is a street sport for the adventurous that needs no equipment, or what about street hockey?.

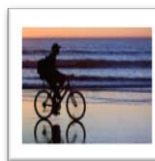


## The Park

If you have a recreation ground near you this might be a good place to cycle, jog or exercise with your dog, or meet up with others for a kick about, Frisbee, boules, quoits, rounders, cricket or other informal sports.

Maybe there's a basketball hoop. Is there a circular path you could cycle or jog around?

Would you try skate boarding?



## The Sea

Whilst you might not fancy a swim or body boarding, in the winter, there may be an opportunity to join in some boating, running on the beach, throwing stones, skim boarding, digging sandcastles, kite flying, or other activities that get you moving a bit more. Running or briskly walking on shingle or in the surf gives an extra workout.



## The Countryside

East Devon has marvellous countryside, some of it providing challenging runs, walks and cycles, or you could volunteer to help with some conservation work which can be quite physically strenuous. Orienteering, hashing, following hunts, tobogganing or just kicking leaves and jumping in puddles.

Try to build exercise into your other countryside interests whatever they are (bird watching, fishing, collecting wild food?).



## Community Halls and other facilities

Many community halls have opportunities for informal sports, maybe indoor bowls, badminton. Perhaps you could get a small group together to play regularly. Maybe run your own 'keep fit', "circuit training" session, or fun exercise.

Perhaps there are dances or discos you could join in.



## Just do it

Starting is the hard bit and keeping going can be harder! The more your exercise is part of your normal life and routine the better. If you can incentivise yourself that's even better. Put the gym money you save away each week towards a short break, get someone to sponsor you, or use your exercise as a way to make and meet new friends.