



BUSINESS

PLAN 2021/22 - 24/25

Shetland Recreational Trust

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INTRODUCTION

This Business Plan sets out our vision, mission, values, key aims and outcomes over the next 4 years. We also describe the actions we will take to achieve those outcomes together with the revenue budget available and our investment plans to support our strategic objectives.

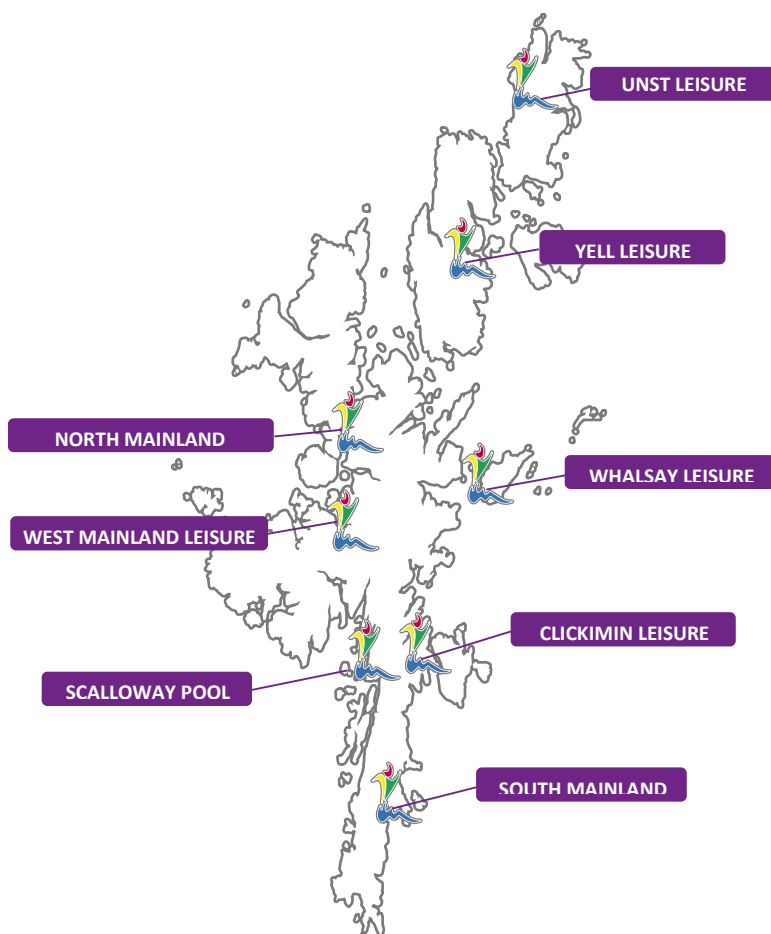
This Plan is supported by annual department and facility plans; there is a clear link between these plans and the Business Plan. We will continue to ensure that our board focus on their priority areas and progress against these will be reviewed through the year.

A four year financial budget from 2021/2022 to 2025/2026 is in place to support this plan, and ensure the Trust's long term sustainability and in line with Shetland Charitable Trust (SCT) grant funding requirements.

Staff and Trustees have considered the responses received through customer engagement when developing this Plan: Each section has considered its own responsibilities, activities and priorities for the forthcoming year, and over the period of this plan.

The plan is significantly influenced by the asset management activities of the Trust. The Plan includes an assessment of the Trust's viability for the long term, taking account of all facilities including the 30 year maintenance plan.

The Trust aims to continually improve service quality and it is intended that the internal business plan will be developed through the use of a continuing series of short-term action plans arising out of long and medium term strategy targets to improve the use of resources, and to ensure the delivery of a value for money service as defined by the Board of Trustees of the Trust for a minimum four year planning



ABOUT US

Shetland Recreational Trust (SRT) was established in 1982 (and was then called Clickimin Recreational Trust). It is a Scottish Charitable Trust, governed by thirteen independent Trustees, who are unpaid volunteers. The Board of Trustees meet seven times a year and are responsible for setting the aims, objectives and policies of the Trust. These decisions are implemented by the Chief Executive, who also has day to day responsibility for running the Trust.

We are part-funded by Shetland Charitable Trust, to own and operate eight Leisure Centres. Centres are co-located with Junior High Schools and Brae High School to enable joint use, by pupils and by the wider community. During term time, the rural leisure centres are available for use predominantly (but not exclusively) by schools in the morning and afternoon, and at all other times are open for community use. At Clickimin the Anderson High School have exclusive use of the main hall and 60:40 with the remaining facilities being shared between school and community.

Our Business Plan reflects and delivers on national priorities, including:

- The Scottish Government's Active Scotland Outcomes – which describes the government's ambitions for sport and physical activity
- Sportscotland's building a world-class sporting system for all

At local level, the Business Plan draws on influences from:

- Shetland Islands Council (SIC) – Our Ambition 2021-26 has a range of priorities that support sport and physical activity in Shetland.
- Shetland Partnership Plan 2018-2028 – the local Community Planning Partnership's priorities
- Active Shetland Strategy 2018-2023 – which aims to make Shetland the most active Community in Scotland.
- Sportscotland

SCT, our main funder, sets specific grant conditions each year which we need to meet, predominantly around opening hours and the number of admissions to each facility. Their Service Targets for 2021/22 are included in Appendix 1.

Shetland Recreational Trust overall budget for 2021/22 is £5.2m and this is funded by the following means:

• Shetland Charitable Trust	£3.1m (60%)
• Schools Service	£0.5m (10%)
• Customer Income	£1.5m (28%)
• Other Income	£0.1m (2%)

In addition the SCT, approved the award of up to £0.6m for 2021/22, to provide a safety net for a potential drop in trading income as a result of COVID 19 over 2021/22. This award is distinct from the core award and will only be made available based on the evidence of need over the year.

The funding from SCT allows us to keep the eight leisure centres open for specified periods of time, to ensure public access to facilities and activities for sporting and leisure purposes.

SIC pays for the schools use but does not pay for any sport and leisure services, beyond paying the standard charge for hire of space to deliver, for example, the Active Schools programmes.

For Clickimin Leisure Complex only there exists a "Minute of Agreement" between SIC and SRT. This agreement covers the long term use of the main hall and 60:40 during school term.

SENIOR MANAGEMENT & TRUSTEES

Steven Laidlaw

Chief Executive

Joined the Trust in 2020. Previously Area Director for Saint-Gobain with 30 years retail experience and ex Royal Marine Commando. Member of the Rotary Club

Andrew Lyall

Head of Assets & Business Support

Joined the Trust in 2017. Previously worked 13 years for Shetland Islands Council as a Project and Asset Manager. Elected a Fellow of the Royal Institution of Chartered Surveyors.

Robert Geddes

Interim Head of Operations & Business Development

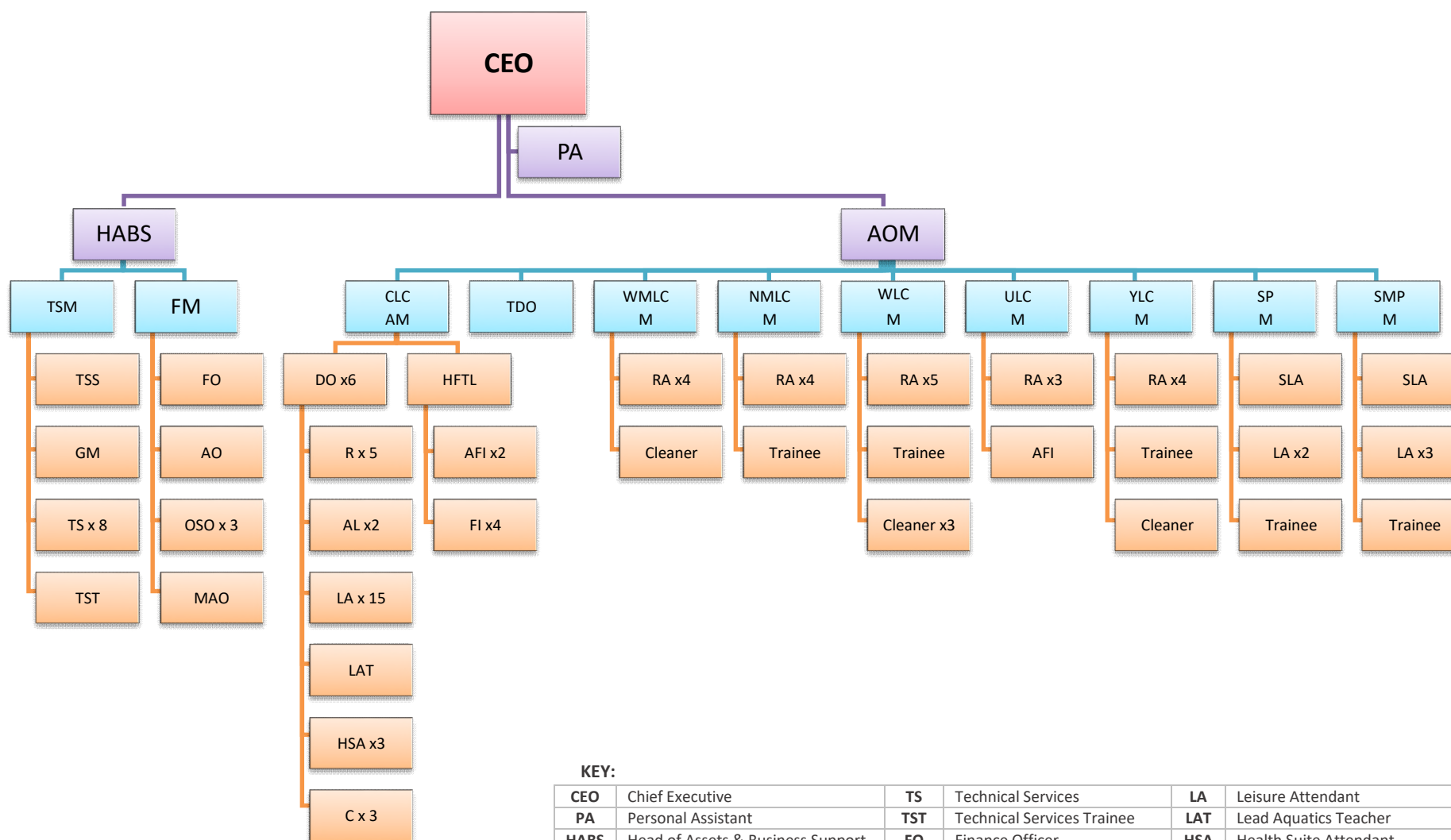
Joined the Trust in 1995. Started with the Trust as a Recreation Assistant and progressed to Facility Manager at one of our Rurals sites before becoming the Manager at Clickimin Leisure Complex.

Janice Thomason

Finance Manager

Joined the Trust in 2020. Previously worked 30 years for Shetland Islands Council including 16 years in Finance Services as an Accountant.

David Thomson (Chair)	Occupation: Chief Executive Shetland Aerogenerators Ltd	Voluntary: Football/Swimming Coach & Parent Council Chair
Gordon Keith	Occupation: BP Area Authority at Sullom Voe	Voluntary: Treasurer of Aith Badminton Club
Audrey Leask	Occupation: Registered Child Minder	Voluntary: Treasurer of St Clements Badminton Club
Stuart Fox	Occupation: Managing Director Shetland Property & The Dowry	Voluntary: N/A
Elizabeth Robinson	Occupation: Public Health Principal for NHS Shetland	Voluntary: N/A
Adam Civico	Occupation: Head of Content Marketing for NB Communication	Voluntary: Football Coach
Derek Leask	Occupation: Executive Director, SHEAP	Voluntary: N/A
Bobby Cumming	Occupation: Midstream Process Engineer	Voluntary: N/A
Grace Barnes	Occupation: Freelance Theatre Director	Voluntary: N/A
Katie McMillan	Occupation: Digital Projects Manager at NHS Shetland	Voluntary: N/A
Ivor Cluness	Occupation: Managing Director Anderson & Cluness	Voluntary: Royal British Legion Committee Member
Martin Summers	Occupation: Senior Youth Development Worker	Voluntary: N/A



KEY:

CEO	Chief Executive	TS	Technical Services	LA	Leisure Attendant
PA	Personal Assistant	TST	Technical Services Trainee	LAT	Lead Aquatics Teacher
HABS	Head of Assets & Business Support	FO	Finance Officer	HSA	Health Suite Attendant
AOM	Acting Operations Manager	AO	Administration Officer	C	Cleaner
TSM	Technical Services Manager	OSO	Operations Support Officer	RA	Recreation Assistant
FM	Finance Manager	MAO	Marketing and Admin Officer	AFI	Advanced Fitness Instructor
AM	Acting Manager	DO	Duty Officer	FI	Fitness Instructor
M	Manager	HFTL	Health & Fitness Team Lead	SLA	Senior Leisure Attendant
TSS	Technical Services Supervisor	R	Receptionist	TDO	Training Development Officer
GM	Groundsman	AL	Activity Leader		

OUR VISION

'Shetland more active, more often'

To be an organisation that is at the heart of our growing community, helping residents to improve their well-being, and offering opportunities for all to make healthy lifestyle choices and enjoy cultural activities.

Our service, facilities and sustainable business practices will enable us to re-invest for the benefit of future generations in Shetland, as a valued provider that is responsible for improving people's lives through health, education, sport, and physical activity.

OUR VALUES

Our values are integral to our success. They help us by shaping our behaviour and are integrated into our appraisal and recruitment practices.

TRUST

All of our customers, whether they are internal or external, trust us to deliver quality every time. We value this **trust** and are committed to retaining it.

ENJOYMENT

Everyone will not only benefit from participating in sport and recreational activity with us but will also have **fun** doing it.

INSPIRATION

We have energy, desire and determination to succeed in all we do and to **inspire** every individual within our community.

UNITED

We will work **together** with colleagues, partner agencies and customers to achieve our shared vision.

INNOVATION

We are **forward thinking** in all we do and continually look for ways to progress and improve.

PASSION

We go the **extra mile**.

MISSION STATEMENT

"To provide facilities and services that inspire and support communities in Shetland to enjoy being active and healthy."

There are three key strategic objectives that underpin our mission and articulate exactly how we will achieve it.

Strategic Objectives:

1. Facilities

- Ensure physical assets are maintained in a safe and satisfactory condition
- Retain facilities in eight existing geographic communities
- Alter facilities to provide beneficial adaptations within the financial constraints of the Trust

2. Services

- Increase service offer to customers at home and in other locations
- Work with partners to improve services to increase activity levels within Shetland
- Increase the service offer to reduce health inequalities
- Provide opportunities for people to participate and influence decisions
- Work with partners to provide preventative services that improve the health and wellbeing of Shetland's communities, including any pandemic response

3. Finance

- Evaluate the strategic risks to ensure the viability of the Trust with mitigating measures and proposals
- Improve Financial Sustainability
- Provide continuous and on-going assurance through audit functions

SHETLAND POPULATION/DEMOGRAPHICS

Shetland's population and economy have undergone some change in the last ten years with a population increase of 1.3% and further changes will occur in future years.

Demographics

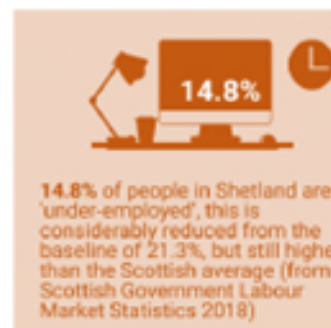
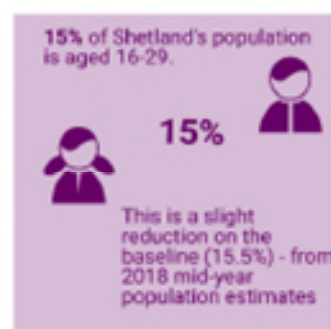
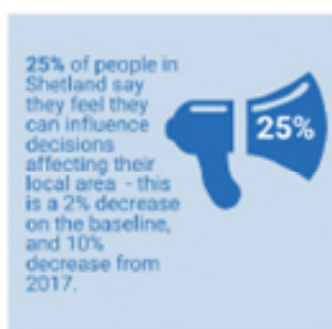
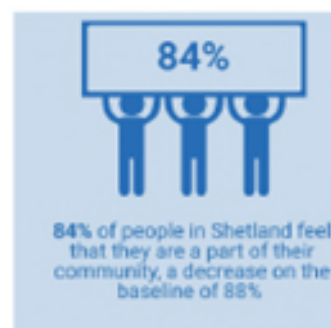
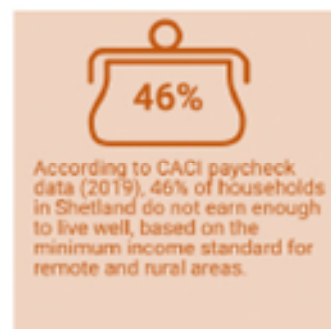
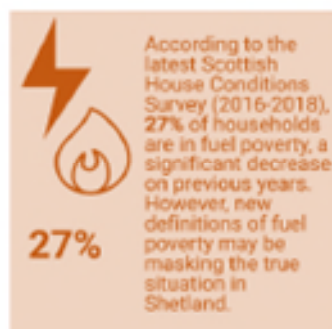
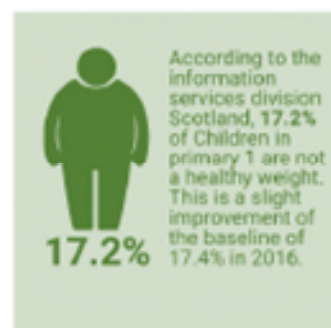
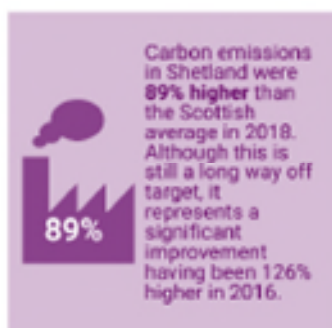
- Shetland has a population of about 23,080 accounting for 0.4% of Scotland's total population
- Shetland has the highest number of Leisure facilities per head of population in Scotland
- The Shetland populations is made up of 49.1% female and 50.9% male, with a higher than average proportion of working age people.
- It is anticipated that the number of 0-15 year olds will decrease by 9.2% and the number of over 75's will increase by 35.1% by 2028

Economy

Economic activity in Shetland is very strong with high employment and a productive business base, with Shetland enjoying the fifth-highest Gross Value Added per head Scottish local authorities, behind only Aberdeenshire and the country's three main cities.

Inequalities

Relatively small numbers of people in Shetland suffer the direct effects of inequality; however, where inequality exists, it has a huge and far reaching impact on these individuals and their extended families



Participation



People



Place

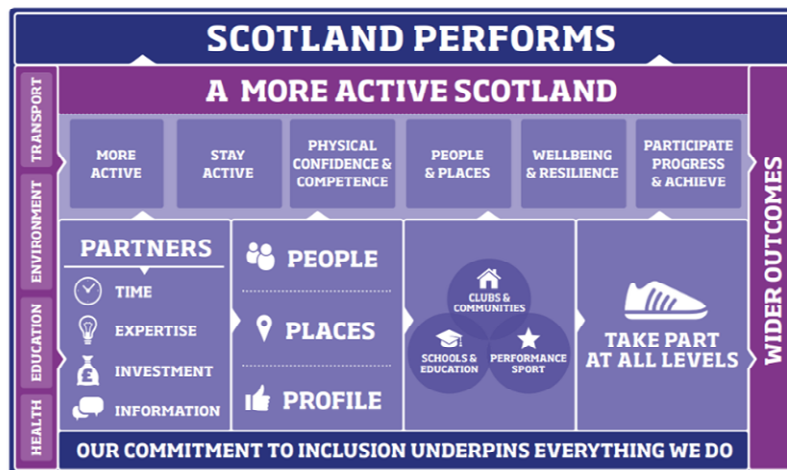


Money

STRATEGIC CONTEXT

National

Through our actions, we are aligned with the Sport Scotland vision “Sport For Life” which is finding ways to be physically active every day in whatever you are able to do. This is also carried forward into the key benefits of sport and leisure by supporting health and wellbeing, developing skills, improving activity, strengthening communities, and helping the economy.



Vision: A More Active Scotland							
Physical activity is about getting people moving. Daily walking, playing in a park, going to a gym, training with a team or aspiring to win a gold medal – it doesn't really matter how people get active, it just matters that we do.							
Being physically active contributes to our personal, community and national wellbeing.							
Our vision is of a Scotland where more people are more active, more often.							
National Outcomes							
Business	Employment	Research and Innovation	Young People	Early Years	Healthier	Inequalities Tackled	Life Chances
Safe from Crime	Sustainable Places	Resilient Communities	Environment Valued	National Identity	Impact on Environment	Older People Supported	Public Services
Active Scotland Outcomes							
We encourage and enable the inactive to be more active		We encourage and enable the active to stay active throughout life		We develop physical confidence and competence from the earliest age			
We improve our active infrastructure - people and places		We support wellbeing and resilience in communities through physical activity and sport		We improve opportunities to participate, progress and achieve in sport			
Equality - Our commitment to equality underpins everything we do							

Scottish government Physical Activity Delivery Plan 2018 states that physical activity does not need to be strenuous to have a significant effect on physical and mental wellbeing which at our present pandemic state it is being documented that we will need to play a vital part of the mental and physical recovery of our nation.



LOCAL STRATEGY

Shetland Partnership Delivery Plan 2019-2022

Outcome 1

To be a successful partnership – between public agencies and with communities – helping to deliver improved outcomes for people across the Isles. Staff will be actively seeking to involve communities in decision making and service delivery, including identifying those who do not often have their voices heard. People in Shetland will therefore feel more able to influence the decisions that affect them and have a strong understanding of how and why decisions are taken.

Outcome 2

Considerably reduce the number of disadvantaged people in households in Shetland. Shetland will continue to be a safe and happy place, with more people feeling connected to their communities and benefitting from living in good places and keeping active.

Outcome 3

Minimise barriers for people accessing employment, education, training and services. Helping to sustain our low carbon economy and helping communities be actively involved in shaping their own future and promoting a sustainable environment.

Outcome 4

Everyone will be able to access the support needed to maximize their income potential, minimize their outgoings in low income households and to have access to welfare payments and other relevant schemes where possible. Encourage community support to those in need.

Active Shetland Strategy 2018-2023

We aim to make Shetland the most Active Community in Scotland.

We want people to be active from an early age and remain active throughout their lifetime. To make the most of the potential benefits it is important to have a strategy to help Shetland to be more active, and to give those involved in physical activity and sport the opportunity to meet their potential, excel and be involved to whatever level they can.

Outcome 1

To increase physical activity levels in Shetland, particularly supporting the least active to get active.

Outcome 2

Make physical activity and sport part of the daily lives of everyone who lives in Shetland.

Outcome 3

Support children and young people to develop physical competence and confidence from the earliest age and encourage lifelong involvement. Support people who find it difficult to be physically active or access sport to overcome these challenges.

Outcome 4

Improve conditions for anyone to progress and achieve in sport, to meet their potential and overcome any barriers to progress.

Outcome 5

Provide the people of Shetland with the best facilities and infrastructure possible to let them lead active lives.

Outcome 6

Develop the volunteer and professional education pathway that is essential to continue to develop and enhance quality physical activity and sporting opportunities in Shetland.

Active Travel Strategy 2020-2025

This strategy aims to develop travel and transport solutions for Shetland that underpin our Economy, support our Communities and conserve our environment.

Outcome 1

To conserve and enhance Shetland's unique natural environment by developing and promoting healthy, sustainable and low-carbon travel choices

Outcome 2

To increase the Shetland Place Standard 'score' for Public Transport from a baseline of 3.6 in 2016 to 5 by 2028.

Outcome 3

A resilient local economy through better, sustainable access to local businesses and services.

Outcome 4

Improving physical and mental health within the population by facilitating and encouraging active travel choices from childhood to old age.

Outcome 5

Creating a more equal society through greater access to low cost and convenient transport, and streets and settlements accessible to all abilities.

CORPORATE STRATEGY

Led by the Chief Executive includes partnership working, corporate social responsibility, continuous improvement, strategic risk, business planning, and corporate governance.

Working with our Partners to Deliver Better Outcomes

In delivering our services, we work with many partners. Collaboration, solution finding and innovation are key strengths and core ways of working within our organisation.

We contribute to the delivery of Shetland's Partnership's Plan, and the Active Shetland Partnership. The outcomes and priorities set out in the Scottish Government's national strategy for sport 'Let's Make Scotland More Active' to sportscotland's priorities.

The key partners we work with are Shetland Charitable Trust, NHS Shetland, Shetland Island Council, and Sportscotland.

We are committed to supporting the schools service with use of the facilities in Shetland to help deliver 'Active Schools' programme.

Strategic Risk

The strategic risks that the organisation is subjected to are rated and reviewed annually. The Strategic Risk Register together with a Risk Assessment of each risk, including existing and any recommended additional controls, will be presented to the Board each year. At the same time our reserves policy is reviewed in light of the strategic risks to ensure that our reserves are adequate.

Corporate Social Responsibility

Our values and standards underpin all that we do and must be combined with continuing robust management skills, investment in our employees and the creation of knowledge.

It is our belief that doing well (financially) and doing good (in our communities) are compatible objectives. The better we are at doing business the more we can do to help those in our communities who need additional support.

Corporate Social Responsibility cannot be defined by a mission statement or a set of targets; although these can help to define pathways and plans.

It is about understanding our impact on our communities and beyond, and considering how we use that impact in a positive way. It is about responsible business and a way of being that encompasses a range of behaviours, good practices and a cultural commitment to do the right thing overall.

Social responsibility is at the heart of our business, it gives us our business conscience.

Business Planning

The business plan is supported by annual department and facility plans. There is a clear link between these plans and the business plan so that our actions throughout the organisation are aimed at delivering our outcomes

Each year the Trustees and managers within the organisation are consulted to inform the business planning process. Customer and community surveys conducted throughout the year are also taken into account. To further strengthen the process consideration will be given to more community engagement in future years. Critical to the success of our business planning is to ensure that the customer and our communities are put at the centre of decision making. We, therefore, regularly engage with them so that we understand their needs.

Corporate Governance

It is important that the organisation has strong, clear and transparent governance. The Board of Trustees are responsible for the governance of the charity and take this role seriously. They meet at least seven times each year and at each meeting, the Chief Executive provides a report on performance and progress towards agreed targets.

Each year the Board reviews key policies and practices such as the strategic risk and reserves policy, the compliance with our Rules and Standing Orders and compliance with charity legislation.

To support them in their role Trustees are provided with training and development.

OPERATIONS STRATEGY

Operations includes the management of facilities and income and expenditure budgets, the delivery of a range of products and services, managing the performance of our managers and other employees, implementing management processes and systems, designing and delivering to our customers a wide range of attractive and innovative programmes and activities, continuously improving and meeting all obligations in relation to compliance and safety.

Financial performance of the business remains vital to the broader aspects of achievement and success of the organisation. An increasingly competitive and changing local market continues to create specific challenges for the organisation. We will focus on strengthening services to our communities and strive to be the first choice provider of sport and leisure services in Shetland.

The main factor this year (Covid-19) has resulted in budget pressures across the business and these have been factored into the future design and delivery structure of the services. However, management plans are now in place to mitigate the effects of these budget reductions as far as we can.

We will focus on expanding levels of participation across our services and maximising the levels of income generation. The management of our existing facility programmes will change, with the establishment of clearer targets, improved and closer monitoring of activity performance. We will be more responsive to the demands of our customers, whilst always being mindful of the financial imperatives for the business.

Health, Fitness and Wellbeing are critical areas for the business and continued investment and improvement will be priority areas for the short to medium term. Changing the method in which group fitness is delivered, improving the customer experience and operating a sustainable exercise referral programme with our NHS partner are key areas.

Delivering excellent customer service continues to be integral to the success of SRT and there will be a focus on several priority areas.

Maximise our ability to welcome, support and encourage customers during their visit to our facilities to become subscription holders while actively promoting our subscription options, adding value to the visit and retaining our valued customers for longer.

A focus on “back to basics”. The basic service deliverables; ensuring standards are shared with both our employees and customers and rewarded if above and beyond

Close scrutiny of the pricing for our main supplies and contracts are particularly important during this period and there are opportunities to mitigate negative cost pressures in the supply of major equipment, energy and the supply of property maintenance.

Covid recovery financial physical and mental will be our most challenging objective this year and with digital improvements and better service offers along with a new more inclusive subscription package SRT will achieve its budget.

The Operations Plan for 2021/22 will include the actions, budget and performance targets for each department for the year ahead.

ASSET MANAGEMENT STRATEGY

The Asset Management Strategy details the range of activities undertaken by SRT to ensure that the assets meet the needs and standards currently and for the future. This strategy is about reviewing and developing the asset. It demonstrates that the SRT is effectively managing its assets and is therefore evidence that the organization is well managed and governed. The Asset Management Strategy was approved for SRT by the board of Trustees on 19th February 2020.

Asset Strategy Objectives

The Asset Management Strategy detailed the following objectives:

- To deliver improvements, which are sustainable and represent the best value
- Continue to maintain facilities in line with statutory standards
- Provide good quality facilities to meet the changing needs of our stakeholders and customers.
- To achieve continuous improvement in all asset-related services through effective performance management and benchmarking.
- Ensure funding is maximized and to deliver value for money and identify efficiency savings wherever possible.
- To improve the energy efficiency of our assets in order to reduce operational costs and contribute to the wider sustainability agenda.
- To ensure that stakeholders and customer consultation is effective, allowing views to be heard and actions to be applied accordingly

To meet these objectives the Strategy reviewed the following areas and identified the works to be undertaken to review and develop the assets;

Asset Condition

SRT undertook detailed surveys to identify the condition of all existing assets. The information from these surveys assisted SRT with the development of a 30-year Asset Renewal and Maintenance plan.

Energy Efficiency

SRT are promoting the following good energy management activities to improve energy efficiency across the Trust:

- Monitor energy use
- Energy saving targets
- Staff involvement

SRT aims to improve the energy efficiency of our facilities, reduce energy consumption and the emission of greenhouse gasses and reduce the overall cost of our utility bills. We aim to improve the energy efficiency of our facilities, reduce energy consumption and the emission of greenhouse gasses, and reduce the overall cost of our utility bills.

Investment

SRT is responsible for financing management, maintenance, and investment costs through funding from the SCT, third party grant funding and income generated from our business. SRT has developed a 30-year Asset Renewal and Maintenance Plan to identify overall costs required to maintain and improve the Trust's assets. This information will enable SRT to make informed investment decisions within the financial modeling of the Trust's Business Plan.

Resources

SRT employs a multi-trade workforce and a mixed team of professionals to manage and monitor construction and maintenance projects. The Trust is focused on identifying that we have the correct resources in place to undertake the works required to maintain our Assets for now and into the future.

Customer and non-customer involvement

This is important to us as it allows us to share information, evaluate needs and take on board views prior to decisions being made. Feedback is also important, from this we can identify what works, what does not, and where improvements can be made.

Information Technology

SRT is looking to develop the use of IT technology to better meet the changing needs of the Trust's assets. The following diagram details the suite of databases that SRT is developing to better manage the Trust's Assets.

Health and Safety

SRT is focused on ensuring that staff, users and visitors to our facilities have a safe, enjoyable and healthy experience. The Asset Management Strategy and the associated documents are live, which through continual review and development will assist the Trust to provide facilities that will help Shetland to be "More Active, More Often"

FINANCIAL STRATEGY

The Business Support Department is led by the Finance Manager, and provides the full range of financial support to the Trust, including budget setting and approval, monthly monitoring and management accounts, annual financial accounts and audit, completion of statutory and regulatory returns, payroll, purchase and sales ledger, banking and credit control, as well as sourcing and managing external funding projects.

In addition, Business Support provides operational support for Gladstone MRM, HR support, and administration support.

The Trust receives the majority of its funding from the SCT's Main Grant Scheme. Our funding for 2021/22 has been approved, with indicative sums for each year until 2024/25 (at 2.5% growth each year).

We are grateful for the continuing support, and will strive to provide better value for money for our stakeholders in the coming year.

The continuing pressure on public spending combined with the UK's exit from the European Union, and the ongoing COVID19 pandemic is expected to lead to increased costs, whilst simultaneously restricting the amount of income generated.

In order to meet these financial challenges, we will ensure that we operate as efficiently as possible, whilst also growing our business and sourcing external grant funding where possible. We will do this by building the Business Support team to ensure that we have the resources required to improve efficiency and maximise income.

We have upgraded our chip and pin, e-commerce and Direct Debit systems to improve efficiency and the customer experience, and plan to review the financial management system over the coming year.

The main objectives of this strategy are to:

- Improve financial sustainability
- Evaluate strategic risks to ensure the ongoing viability of the Trust
- Provide continuous and ongoing assurance through audit functions, both internal and external

Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



IMPROVES
SLEEP



DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts

Aim for at least
180
Minutes
per day
for children 1-5 years



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP

Under-1s

at least
30 minutes
across the day



TUMMY TIME



OBJECT PLAY



DANCE



GAMES



PLAY



SWIM



WALK



SCOOT



BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



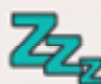
MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE



SPORT

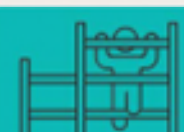


PE

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



SKIP



CLIMB



WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average
of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for adults and older adults



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life

Reduces your chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc.

-30%

Joint and back pain

-25%

Cancers (colon and breast) -20%

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

Be active

at least
150

minutes
moderate intensity
per week

increased breathing
able to talk



OR

or a combination of both

at least
75

minutes
vigorous intensity
per week

breathing fast
difficulty talking



to keep muscles, bones and joints strong

**Build
strength**

on at least
2 days a week



Gym



Yoga



Carry heavy
bags



Tai Chi

Bowls

Minimise sedentary time

Break up periods of inactivity



Dance

For older adults, to reduce the
chance of frailty and falls

Improve balance

2 days a week

Physical Activity • for • Disabled Adults

• Make it a daily habit •



Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:



Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity



Physical activity for pregnant women



Helps to control weight gain



Helps reduce high blood pressure problems



Helps to prevent diabetes of pregnancy



Improves fitness



Improves sleep



Improves mood

Not active?

Start gradually

Already active?

Keep going



Do **muscle strengthening** activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm

Listen to your body and adapt



Don't bump the bump

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for women after childbirth (birth to 12 months)



Time for yourself -
reduces worries and
depression



Helps to control weight
and return to pre-
pregnancy weight



Improves tummy
muscle tone and
strength



Improves fitness



Improves mood



Improves sleep

Not active?

Start gradually

Active before?

Restart gradually

Out and about

Leisure

aim for
at least

150

minutes
of moderate intensity activity
every week

Start
**pelvic floor
exercises** as
soon as you can
and continue daily

Build
back up
to **muscle
strengthening**
activities twice
a week

Home

It's safe to be active.
No evidence of harm
for post partum
women

Depending on your
delivery listen to
your body and
start gently



You can be active
while
breastfeeding