

## Alternative options for getting active or losing weight in Islington

This information pack is for Islington residents who were participating or due to start an Exercise on Referral or Adult Weight Management programme. As the service is not currently available, this pack gives a range of different options for getting active, eating well and losing weight.

The following information is included in this pack:

1. [Free NHS weight loss plan](#)
2. [Healthy eating tips](#)
3. [Getting active with a long term condition](#)
4. [Getting active with a disability](#)
5. [Free online exercise classes](#)
6. [Local sports centres and activities](#)
7. [Parks and green spaces](#)
8. [Walking](#)
9. [Free NHS apps to help you move more everyday](#)

### Free NHS weight loss plan

If you are looking to lose weight, the NHS has a free [12-week diet and exercise plan](#). It is full of healthy eating, diet and physical activity advice, and includes weekly challenges. The plan is available as an app or can be downloaded and printed from the website.

### Healthy eating tips

For some top healthy eating tips and guidance, plus some tasty recipes, [visit the NHS website](#).

Information and support is also available for the whole family:

- [Change4Life](#) is here to help you and your family be healthier and happier by eating well and moving more. The website includes a range of quick and healthy recipe ideas.
- [Families for Life](#) provide free healthy lifestyle programmes and sessions for families in Islington.

## Getting active with a long term condition

[We Are Undefeatable](#) is a movement supporting people with a range of long term health conditions. Here you'll find a range of free exercises and inspiration to help you be more active.

## Getting active with a disability

The NHS has produced a [guide to getting active](#) for people with a disability. It includes information on building activity into your day and how to find activities to get involved with.

There are a range of online home workout videos for people with disabilities on the [Parasport website](#).

The charity Sense provides [resources](#) to help people with complex disabilities to be active at home. The [Making Sense of Mini-Games resource](#) includes step-by-step instructions and activity cards including games that can be enjoyed with little or no equipment, or in any sized space.

## Free online exercise classes

There are a range of free online exercise sessions available, including:

- [Couch to fitness](#) helps you get active with a free 9-week home exercise plan and classes for beginners.
- [InstructorLive](#) has more than 800 workouts available. Access 10 on-demand beginners' programmes for free for 3 months.
- [Join the Movement](#) has a timetable of online classes to suit all ability levels.
- Download the [BETTER UK app](#) for free access to pre-recorded exercise classes. Enter **BETTERATHOME** as the Club Access Code.

## Local sports centres and activities

Islington Council has seven leisure centres across the borough which are managed by GLL (also called Better). Further information about local leisure centres is available on the [Islington Council website](#).

[Active Spaces](#) provides a range of free health and wellbeing activities for local residents. Visit the [website](#) to find out what activities are available. The scheme is run by Islington Council, in partnership with Access to Sports, Arsenal in the Community and Healthy Generations.

Interested in trying a new sport or activity in the local community? A range of different sports and activities are listed on the [Islington directory](#).

## Parks and Green Spaces

How about [visiting your local park](#)? Parks and open spaces are great for connecting with nature and opportunities to be active and meet other people

## Walking

Walking is great for your health and wellbeing. Visit [Islington's directory](#) for route maps and information on local walking groups.

## Free NHS apps to help you move more everyday

No matter how much you do, physical activity is good for your body and mind. Try these free NHS apps to help you move more every day:

- The [Active 10 app](#) records every minute of walking you do (anonymously). It will help you to set goals, give handy tips, and show what you have achieved.
- The [Couch to 5k app](#) is a running programme for absolute beginners, and has now helped more than 4 million people start running.