

Helping you to stay healthy and well

FITNESS ACTIVITY PACK

HELPFUL INFORMATION AND FUN
ACTIVITIES FOR PEOPLE WITH
LEARNING DISABILITIES AND
FAMILIES AND CARERS WHO
SUPPORT THEM.



March 2022



KeyRing
... We're Life Changing



NHS

Introduction



The NHS in North Yorkshire has worked with North Yorkshire Learning Disability Partnership Board to make this activity pack.



The pack has information and activities for people with a learning disability and their families and carers.



It includes some information made by other organisations, like Mencap.



Thank you to everyone who helped make this pack.



We hope you find it useful and fun.



Everyone is different. Different ideas work for different people.

Please look through the pack and think about what is best for you.



What is in this pack

Why is it important to have regular physical activity?	4
Getting started	5-6
How do I feel about getting more active?	7
How much physical activity should I do?	8
Physical activity wordsearch	9
Cut out what activity you have done	10
Day of the week – what I have done	11
Accessible activities	12-13
Leisure Centres	14-15
My exercise playlist	16
More information to help you exercise	17
True or False?	18

Why is it important to have regular physical activity?



Physical activity means sport, exercise, and fitness. For example, walking, running, cycling, and swimming. Sport is a type of physical activity.



Physical activity and sport is good for your health and fitness.



Being active can help you be a healthy weight. It lowers the chance of you getting health problems like diabetes and heart disease and helps you live longer.



Exercise can help you learn new skills, improve your confidence, and help you make new friends. It can also help you improve your sleep and memory.

Getting started



There are more than 150 different sports.



You should make sure you speak to your doctor before starting any exercise so they can give you some advice.



If you do not know what sport or activity you want to do you could think about what you would like to get out of doing physical activity.



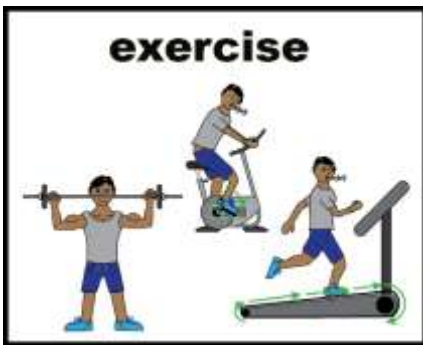
Do you want to meet new people? If you do, then you can try a team sport. For example, football, basketball or netball.



Would you prefer to exercise on your own?
If you do you can try a sport you can do by yourself, exercising at home or going to the gym.



Do you want to try something you have never done before? You can try lots of different activities and see which one you like the best.



Please write below what you want to get from doing more exercise:

How do I feel about getting more active?

Think about how you could be more active by answering the questions below. You might want someone to help you think about your answers.



How important do I think it is for me to be more active?

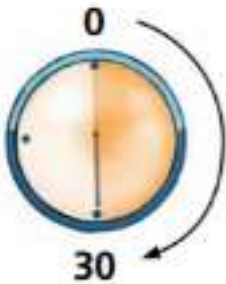
- ? Not important at all
- ? A bit important
- ? Important
- ? Very important



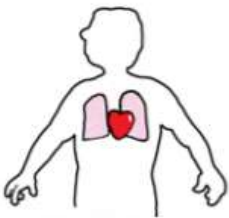
How easy do I think it will be for me to be more active?

- ? Very difficult
- ? Quite difficult
- ? Easy
- ? Very easy

How much physical activity should I do?



At least 150 minutes of active hobbies will help you be more healthy. One way to do this is 30 minutes of exercise at least 5 times a week.



For example, you can start with 10 minutes at a time and build up to at least 30 minutes as you feel more confident.

Moderate exercise is different for everyone – it depends on how fit you are to begin with.

What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:

walking 	gardening 	hiking 	dancing
cycling 	active hobbies 	swimming 	

Physical activity wordsearch

Easy Read - Physical Activity Word Search

E T E E H Q C L V H
X T I C A R A G R C
E V Q O D L C E I Y
R S P O R T T P H C
C Y M M K P I R X L
I C Z R N L V J J I
S I N E K A E E V N
E O F R U N N I N G
F I T N E S S J M B
S W I M M I N G F S







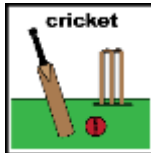




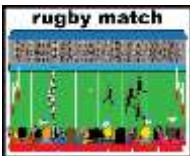




Exercise
Active

Swimming
Sport

Running
Plan

Fitness
Cycling

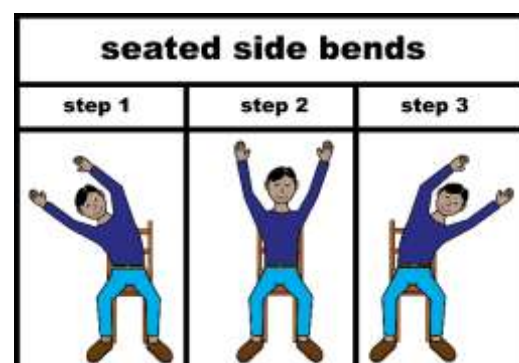
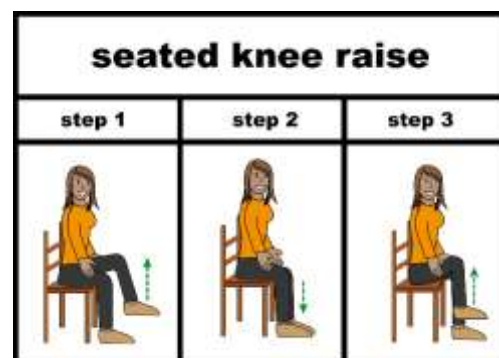
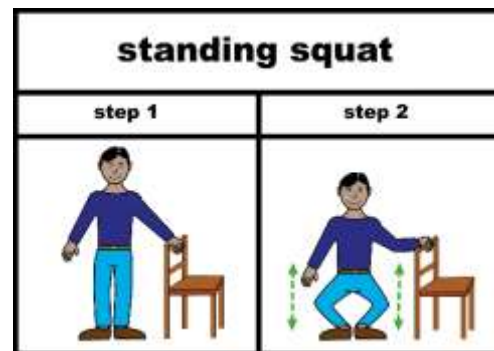
CUT OUT WHICH ACTIVITY YOU PLAN TO DO OR TRY THIS WEEK
ANS STICK IT INTO THE TABLE BELOW

	CYCLING		DANCING
	RUNNING		SWIMMING
	FOOTBALL		BASKETBALL
	CRICKET		GOLF
	WENT TO THE GYM		TENNIS
	WALKING		RUGBY
	TABLE TENNIS		BOWLING
	TRAMPOLINING		WEIGHT LIFTING


Day of the week	What I have done
<p data-bbox="300 315 778 434">Monday </p>	
<p data-bbox="209 555 735 667"> Tuesday</p>	
<p data-bbox="236 763 799 891">Wednesday </p>	
<p data-bbox="240 952 805 1064"> Thursday</p>	
<p data-bbox="311 1182 810 1310">Friday </p>	
<p data-bbox="225 1413 821 1541"> Saturday</p>	
<p data-bbox="288 1615 831 1742">Sunday </p>	

Accessible activities




Here are some useful exercises you can do at home.



standing knee bend and hold exercise

step 1	step 2
	

seated reach to the floor

step 1	step 2	step 3
		



seated marching arms

step 1	step 2
	

pointing toes up & down

step 1 up	step 2	step 3 down
		

Lying knee lift towards chest exercise

step 1	step 2
	

Kneeling down leg & arm extension exercise

step 1	step 2
	

hip extension standing



step 1	step 2
	

hip raise and leg extension exercise




step 1	step 2
	

Leisure Centres

	<p>You can try lots of different activities at Leisure Centres.</p>
	<p>Some have a gym. There might be treadmills, exercise bikes, and weights</p>
	<p>Some have a swimming pool</p>
	<p>Some have fitness classes</p>
	<p>Some have a sports hall where you can play badminton, football or basketball</p>
	<p>Some have a climbing wall</p>

	<p>Some run inclusive sports sessions</p>
	<p>If you have the internet you can find out about leisure centres in your area by clicking this link https://www.northyorks.gov.uk/leisure-and-fitness-groups. If you don't have the internet you can call 01609 780 780</p>

My local leisure centres

	<p>Fill in this section about your local leisure centre. If you want, you could visit it, ring them or look at their website to find out more.</p>
	<p>Where is your local leisure centre or gym?</p> <p>What is it called?</p>
	<p>What activities can you do there?</p>



My exercise playlist

Some people find music helps them get moving.

What music makes you want to get moving?

Please write down your top 10 songs here.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

More information to help you exercise



The [NHS website](#) has lots of videos for beginners to help you get more active. These can be 10 minute or 45-minute exercises. You can also view an [activity pack](#) by Get Yourself Active. It has information to help you get active.



You can get tips on how to exercise at home by using tips from North Yorkshire Sport. You can click this link or use the contact information below <https://www.northyorkshiresport.co.uk/ideas tostayactive>.



North Yorkshire Sport have access to sport and physical activity for all disabled people within North Yorkshire. You can click this link or use the contact information below <https://www.northyorkshiresport.co.uk/disabilitysport>

North Yorkshire Sport Ltd

Address: 69 Bilton Lane, Harrogate, HG1 3DT

Telephone: 01423 226303

True or False?

Can you tell which of these questions is true or false? Read the questions carefully and then think if the question is true or false.

	Question	True or false?
1	Increasing your activity every day will help to make you more healthy.	
2	You can't exercise when sitting down	
3	There are more than 150 different sports	
4	You can't exercise at home	
5	At least 150 minutes of moderate activity will help you be healthier	
6	10 minutes is not long enough to exercise	
7	Keeping fit can stop you getting illnesses like heart problems or stroke	
8	Walking does not count as exercise	
9	It is good to always stay fit and healthy	
10	It can help to keep note of how you are doing.	

Please make sure to look back through the questions and check your answers.

PRODUCED BY:

NHS NORTH YORKSHIRE
CLINICAL COMMISSIONING GROUP:

UNIT 1, ST JAMES BUSINESS PARK,
GRIMBALD CRAG COURT,
KNARESBOROUGH, HG5 8QB

IN PARTNERSHIP WITH:
NORTH YORKSHIRE COUNTY COUNCIL
NORTH YORKSHIRE LEARNING
DISABILITY PARTNERSHIP BOARD
KEYRING



With special thanks to:

- Easy Health
- ELDSA
- Get Yourself Active
- Mencap
- NHS England NHS Improvement
- North Yorkshire County Council
- North Yorkshire Health Task Group
- North Yorkshire Sport

March 2022



KeyRing
... We're Life Changing



North Yorkshire
County Council

NHS