



Get Active in Brent

Public Health

brent.gov.uk



Brent

Physical Activity Guidelines

Did you know that adults are recommended to do at least 150 minutes of exercise per week?

That works out at around 20 minutes per day. There are lots of different opportunities to get active in Brent.



Walking for health



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Walking is a great way to get active, socialise and enjoy the outdoors. Find out more about group walks happening across Brent.
www.brent.gov.uk/walking

Outdoor Gyms

There are 20 gyms located in parks across Brent that are free to use and open to all. Check out our instructor-led sessions where a qualified

instructor will be there to show you how to use the equipment safely and can answer any questions you may have.

www.brent.gov.uk/outdoorgyms

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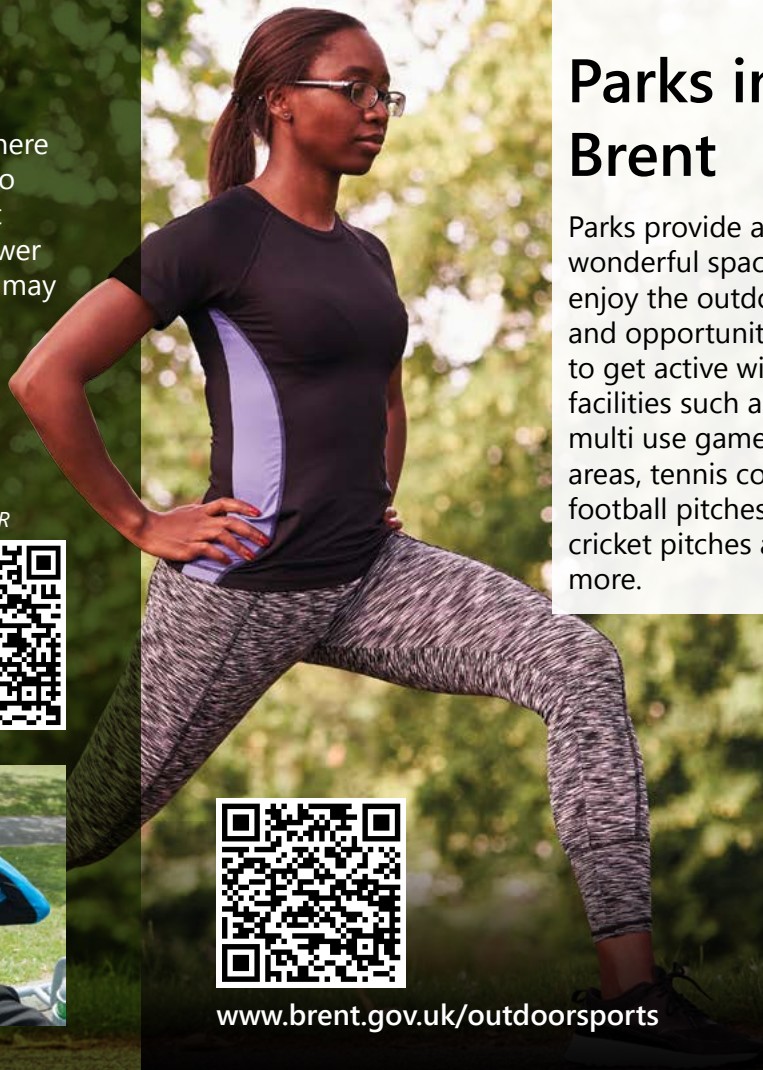


Parks in Brent

Parks provide a wonderful space to enjoy the outdoors and opportunities to get active with facilities such as multi use games areas, tennis courts, football pitches, cricket pitches and more.



www.brent.gov.uk/outdoorsports



Our Parks

From beginners bootcamp to stretch classes, check out the range of free exercise sessions on offer from Our Parks. Sessions are held in your local park and library. There are also many online exercise sessions that are free to access on the Our Parks website.

www.ourparks.org.uk/borough/brent-0



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Sport in Mind

Sport in Mind are a mental health charity delivering free physical activity sessions to aid in recovery, promote mental wellbeing, combat stress, and empower people to live well. Find out more about the sessions running in Brent.

www.sportinmind.org/london

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B-Active Leisure Card

If you are 17 years old or more, you can benefit from reduced prices on a range of activities at our sports centres.

Find out if you are eligible at www.brent.gov.uk/bactive



Sport Centres

Brent Council have 3 sports centres in Brent:

- **Vale Farm Sports Centre**, Watford Road, North Wembley, Middlesex HA0 3HG
- **Bridge Park Leisure Centre**, Brentfield, Harrow Road, London NW10 0RG
- **Willesden Sports Centre**, Donnington Road, Willesden, London, NW10 3QX

There are also many privately operated gyms across the borough, a quick Google search should show you what is available near you.



Steady & Stable

Steady & Stable is a programme specifically designed for people over 50 to help prevent falls by improving balance, strength, and coordination.



Steady & Stable is here for anyone living in Brent who feels unsteady on their feet, is anxious about walking, or is at risk of falling.

The fun and social weekly classes are designed to help you feel fitter, healthier, and more confident. To find out more about how to register visit Open Age. www.openage.org.uk/falls-prevention



Running

Are you motivated to get active by trying a Couch to 5k programme? Or how about joining a community Parkrun event in your local park? Have you ever heard of plogging? There are a variety of running opportunities in Brent to get active and connect with others.

www.brent.gov.uk/walking



Active Travel

Incorporate physical activity into your day-to-day journeys. Walking, wheeling, and cycling are great ways to get active, and are also better for the environment than driving a car.

Find out more about cycling schemes available in Brent, such as free training sessions to get you more confident cycling in your neighbourhood, or the Try Before You Bike offer that allows anyone who lives, works, or studies in the borough to try out a new or nearly new bike for a monthly fee.



Try the Breathe Clean Brent interactive map. The map provides carefully designed walking routes to school and healthier walking loops for communities, connecting you to green spaces, parks, and key sites in your area, while following quieter, less polluted streets.

www.breathecleanbrent.org/community



Community Sessions

Fancy trying out Bollywood dancing? How about Zumba? Or are you looking for a chair-based exercise class? There are lots of

different free sessions to choose from. Visit the Brent website to find out more.

www.brent.gov.uk/events-in-brent



Free Apps To Try



Street Tag

This is a family friendly app designed to encourage physical activity. Points are gained by walking, running, and cycling to collect virtual tags and win prizes.



NHS Couch to 5K

This app will help you gradually work up towards running 5km in just 9 weeks.



NHS Active 10

This app tracks your steps, help you set goals, provides tips to boost your activity and shows your achievements.





Be Active



**Build
Strength**



**Enhance
Mental
Wellbeing**



**Minimise
Sedentary
Time**

**Improve
Balance**



If you need more
information please contact
healthyliving@brent.gov.uk