British Heart Foundation

Get active, stay active

Keep your heart healthy by being active

BEATING HEART DISEASE TOGETHER

Introduction

This booklet explains how being active can help you reduce your risk of developing coronary heart disease (CHD) and why that's important.

It has information, tips and tools to help you understand more about physical activity and how you can be more active every day.

You can enjoy the benefits of being more active whatever your age, size or physical condition. You can build physical activity into your daily routine without ever slipping into lycra or joining a gym. Changing a few of your habits can soon add up to a more active lifestyle.

Being active is good for your health right now and will help you in the future too. It can help prevent and manage a variety of conditions including CHD, stroke and Type 2 diabetes. It can also improve the way you look and feel.

We've made this booklet to help you live your life as actively as possible now and for the rest of your life.

Many health problems can be helped by regular physical activity. But if you have a health problem, check with your doctor about the amount and type of activity that is right for you.

If you have a heart condition or you are at a higher risk of developing CHD – for example because you have high blood pressure – you should read our booklet *Physical activity and your heart* (HIS1).

This guide does not replace the advice your health professionals may give you based on their knowledge of your condition.

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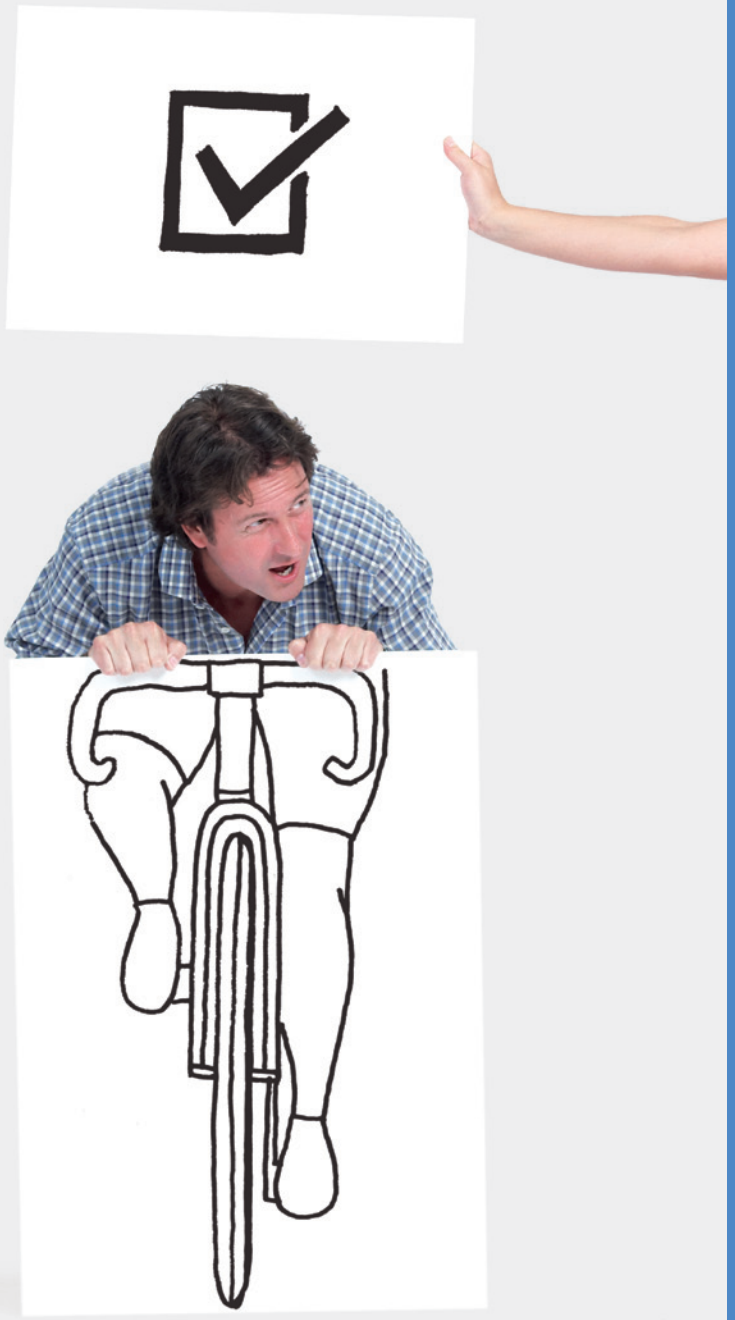
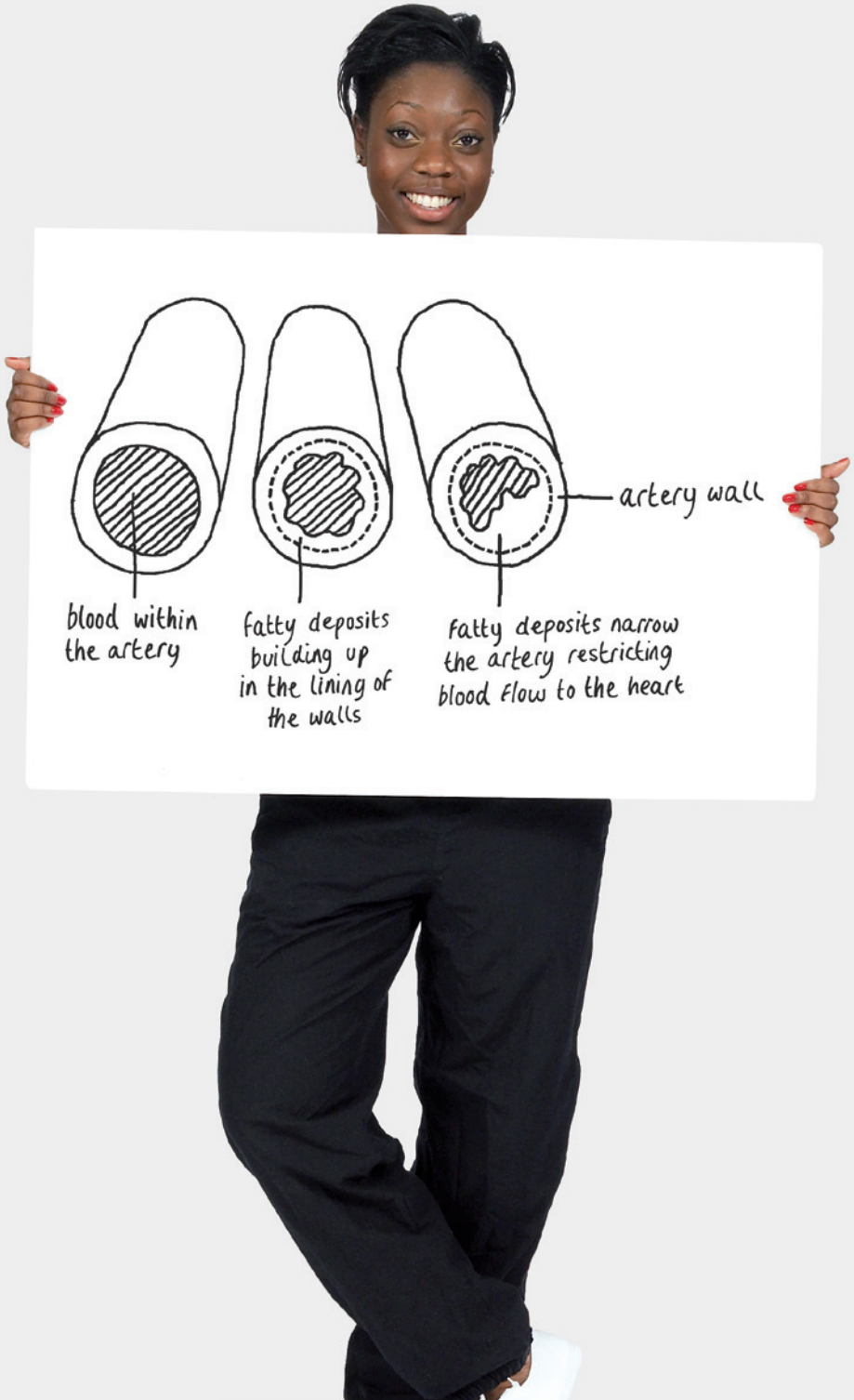
Why should you be active?

Every seven minutes, someone dies from a heart attack. If you are not active, you are more likely to have a heart attack than someone who is active.

- Coronary heart disease (CHD) by itself is the most common cause of death in the UK. Around one in six men and one in nine women die from the disease.
- Women are more than three times as likely to die of CHD as breast cancer.
- Men are more than four times as likely to die of CHD as prostate cancer.
- Being inactive is a major health risk and one of the main causes of death and disability in the UK.
- Physical inactivity is responsible for developing CHD in over one in five people in developed countries.
- Over six in ten men in England, and seven in ten women, don't do the recommended amount of exercise.
- More than a quarter of adults in England are obese.
- Around six in ten adults in England have high blood cholesterol, which increases your risk of developing CHD.

Want to know more about your heart? Go to **bhf.org.uk/knowyourheart** and play our interactive learning tool presented by Dr. Hilary Jones.





What is coronary heart disease?

Coronary heart disease (CHD) is the single most common cause of death for both men and women in the UK. It begins when your coronary arteries – the arteries that supply your heart muscle with oxygen-rich blood – become blocked or narrowed because of a build-up of fatty deposits.

In time, your arteries may become so narrow that they cannot deliver enough oxygen-rich blood to your heart muscle. This can cause **angina**. Angina is an uncomfortable feeling, tightness or pain in your chest which may spread to your arms, neck, jaw, back or stomach.

Sometimes the fatty deposits can become unstable, and a piece may break away causing a blood clot to form. If this blood clot blocks your coronary artery, part of your heart muscle will be starved of oxygen-rich blood and may become permanently damaged. This is a **heart attack**.

Heart attacks can kill. If you think you or anyone else is having a heart attack, you should phone 999 for an ambulance immediately.

If you want to know more, read our booklets *Heart attack* (HIS7) and *Angina* (HI6S).

999

How does physical activity help you?

Physical activity can help you avoid a range of health conditions including coronary heart disease (CHD). If you have a condition already, it can help you manage it better. It can also improve the way you look and feel.

Being more active now will make an immediate impact on your health and help protect it for the future too.

Being more active can help improve your quality of life. It'll change how you feel, both mentally and physically.

Changes can include:

- having more energy
- feeling less stressed or anxious
- feeling more relaxed
- getting a healthier body shape and appearance.

You may also:

- sleep more easily
- find it easier to meet people and make friends
- feel less isolated and more in touch with other people
- have better concentration
- feel a sense of achievement from learning something new
- have more self-confidence.

Being active also helps to prevent illness in the long term by helping to prevent:

- CHD
- Type 2 diabetes
- high blood pressure
- obesity
- some cancers (such as colon cancer).

Being active is helpful even if you already have a condition. It helps to manage and control:

- CHD (including angina)
- Type 2 diabetes
- being overweight or obese
- high blood pressure
- high cholesterol levels
- joint and bone problems such as arthritis.

It has positive effects on your bone and muscle health, reducing your risk of:

- Osteoporosis
- Osteoarthritis
- back pain.

David's story

"A few years ago I had to work in an 11 storey building, with my office being at the top. The building was always busy, and the lifts always full or broken. I got fed up with waiting for lifts and started to walk up and down the stairs instead. Within a few weeks, I started to feel so much fitter.

After a month or so, I never felt out of breath walking around – I couldn't believe it! I was feeling much better overall. Since then I have looked at other ways to be more active in my day-to-day lifestyle. I now feel much more in control of my health."

David Carney, mid 50s, Manchester

Getting started – how much do you do already?

You might not realise just how active you already are – so have a think about the activities you're already doing and ones you'd like to do in the future.

The easiest way to be active is to build it into your everyday life. These examples show how it can be done. How many of these are you already doing?

- Finding a certain time each day to do something active - make it a regular habit.
- Having a brisk walk in your everyday clothes - you don't need to dress up in sportswear to get active.
- Walking or cycling to and from local places whenever you can.
- Exercising in a class or with a group - you'll meet new people and make new friends.

Top tips for getting started

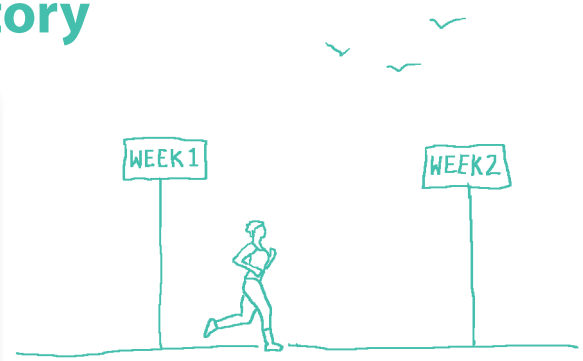
1. **Always chose activities you enjoy.** Remember, you don't need to be sporty to be active. Housework, walking, gardening, dancing or doing an exercise-to-music class all count.
2. **Remember the positives.** Once you start being more active, you'll have more energy. And you'll feel more relaxed.
3. **If you miss a day, just start again the next day.** Your health is worth the effort.

So, what are you waiting for? No more excuses – there's so much you can do to get active.

Myth buster
You don't need to be outside to be active.
Playing with your kids, doing housework and walking up and down your stairs all count!

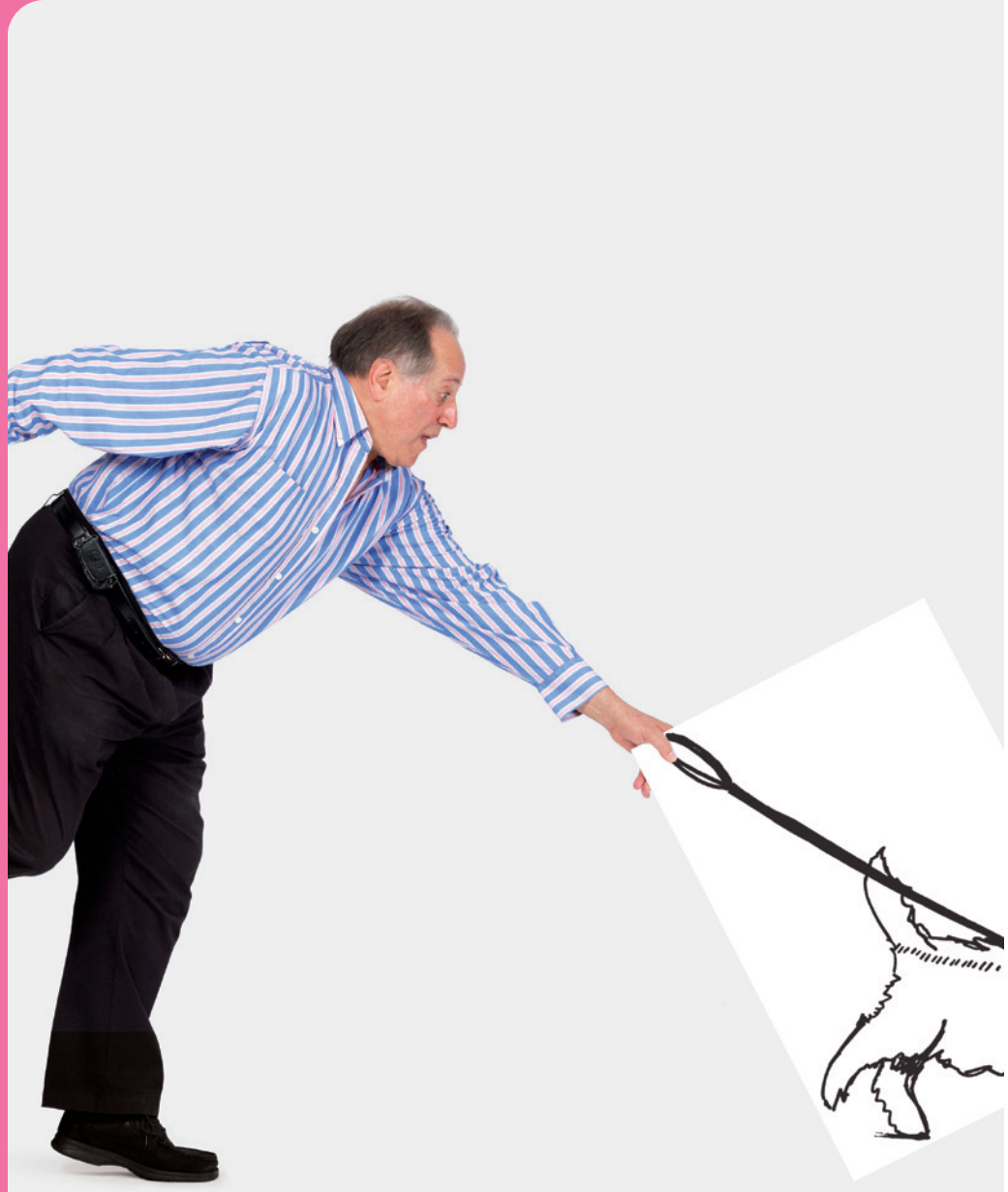
Learn more about the different types of activity – aerobic, strength and flexibility – on page 22

Laura's story



"I've always enjoyed running, but recently it became a struggle. After a number of tests, doctors found something was wrong with my heart rhythm and decided to fit an ICD. This made me determined to make the most out of life. The first time I put my running shoes on again it was a really short and slow run. It made me realise I'd have to start gradually and build up slowly. The next few times I began to run faster and further. After a few weeks, I was able to make running a regular feature of my week. My advice? Make sure you don't try and do too much too soon – start slowly, see how you feel and listen to your body."

Laura Lees, early 30s, Cardiff



Changing a few daily habits can soon make you more active

There's a lot you can do right now that will help you to become more active. It needn't be a big change to your daily habits, but it could have a big impact on your heart health.

You could:

Try letting something go.

Is there anything that doesn't get you active – like watching TV – that you could do less of to make time for your health?

Walk more each day.

Why not walk all or part of the way to the shops, to the local leisure centre or to work? Or use your lunchtime to get some fresh air and have a walk. Invite your friends and, if you have a dog, enjoy taking it for a longer walk.

Changing a few daily habits can soon make you more active

Climb more stairs.

Whenever you can, go up the stairs instead of using the lift or escalator. Or walk up the escalator.

Fit activity into your day.

If you're a morning person, why not get up earlier and fit some activity in before your day starts? If not, you could try and do some physical activity before you settle down for the night.

Avoid sitting down for long periods.

Take a break from sitting every 30 minutes – for example, when watching TV, at your work station, at the computer or when you're driving.

Make a date.

Meet a friend on a regular basis and be active together. Keeping each other company will keep you both interested.

Do more activity in your leisure time.

You can try an organised activity like a gym class, be active around the house or in the garden or go for a swim.

Read our booklet *Put your heart into walking* (G26) to find out how you can build walking into daily routines.

Changing a few daily habits can soon make you more active

Increase your levels of activity over time

Keep on building up to 150 minutes of moderate intensity aerobic activity every week.

What is moderate intensity activity?

Moderate intensity activities make you feel warmer, breathe harder and make your heart beat faster than usual, but you should still be able to carry on a conversation. If you are very unfit or overweight or if you have a health problem, you may only have to walk up a slope to get these feelings. But if you are very fit, you may be able to run quite fast before you notice these feelings.

Find out more about the other types of activity you should do on page 25

Fast fact

You're not alone.

About six out of ten men and seven out of ten women aren't active enough to protect themselves against coronary heart disease.

Increase your levels of activity over time

Andrea's story

"I decided to get active after my children started school, about 25 years ago. I wasn't sporty at school so I thought I'd try some classes at the gym. I liked them, and over time I've gone up from one class to three or four different classes each week.

I wanted the classes to become part of my daily routine. So, to get me started and keep me going, I tried to think of them as any other diary appointment that I wouldn't miss. I can honestly say that while I don't always want to go, I still get a sense of satisfaction afterwards. I also know that being active is a great way to help me stay healthy, which is really important to me."

Andrea, 50s, Farnham

Every ten minutes count.

If you're not used to being active, start slowly and gradually build up to 150 minutes every week. Sessions of at least ten minutes throughout the day are a good way to start. You can build up the number of ten minute sessions you do each day once you're a bit more used to it. One way of reaching 150 minutes a week is being active for 30 minutes at least five days a week.

Myth buster
Being active brings immediate results.
It may not be obvious, but being active will start to make a difference immediately.

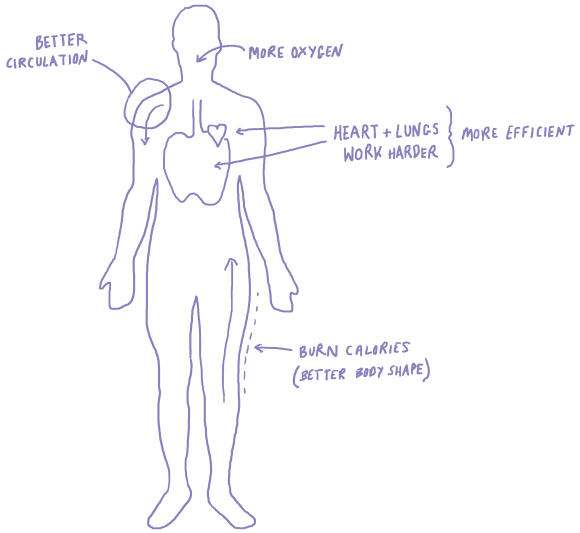
Try our calories calculator to see how many calories you've burnt doing an aerobic activity. Visit **bhf.org.uk/calories**

For the best results, you should also do activities that will help strengthen your muscles at least two times a week.

What is aerobic activity?

Aerobic activity is any repetitive, rhythmic movement that involves large muscles groups like the arms, legs and shoulders. Brisk walking, cycling and swimming are all great examples. Aerobic activity is the best type of activity to improve your heart health and reduce your risk of CHD.

When you do aerobic activity, your body needs more oxygen and so your heart and lungs have to work harder. This helps to make your heart and circulation become more efficient over time. It also helps develop your stamina. Aerobic activities also burn up calories too, helping to control your body weight and shape.



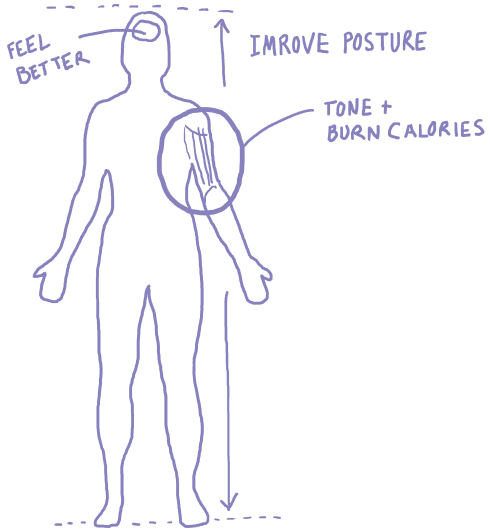
Strength and flexibility activities are important too.

Strength activities make your muscles work harder and help to make them stronger. Examples are walking up stairs, carrying shopping or resistance training in a gym.

Stronger, larger muscles:

1. burn more calories so you can keep to a healthy weight
2. help with good posture and balance, help improve your body shape and make you look and feel better too.

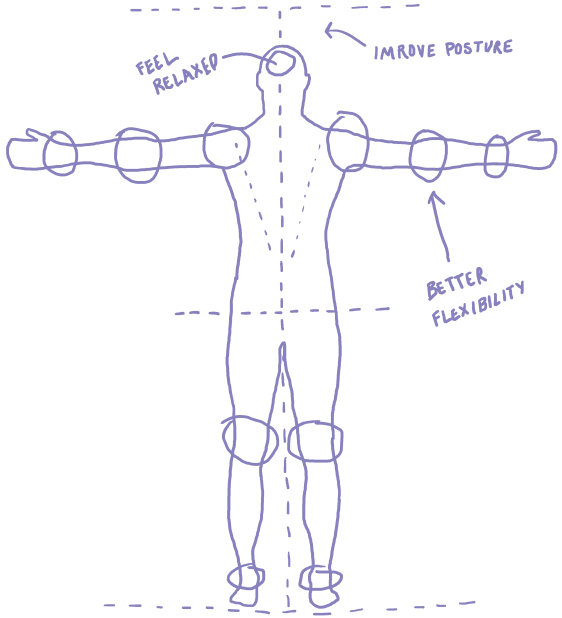
Add activities to strengthen your muscles into your routine at least twice a week.



Flexibility exercises help to stretch your muscles and maintain or improve your range of movement in a joint or in a series of joints and muscles. Examples are bending and stretching, pilates, yoga and T'ai Chi.

Flexibility helps you:

1. maintain a full range of movement, making everyday activities easier
2. avoid getting injured when you're being active
3. improve your posture
4. relax your mind.



Increase your levels of activity over time

Some activities have more than one benefit

Activity	Aerobic/ Stamina	Strength	Flexibility
Aerobic classes in a gym	✓	✓	
Badminton	✓		✓
Brisk walking	✓	✓	
Canoeing	✓	✓	✓
Climbing stairs	✓	✓	
Cycling	✓	✓	
Dancing	✓		✓
DIY		✓	✓
Football	✓	✓	
Mowing the lawn	✓		✓
Pilates		✓	✓
Resistance training		✓	✓
Sweeping	✓		✓
T'ai Chi		✓	✓
Vacuuming	✓		✓
Walking uphill	✓	✓	
Washing the car		✓	✓
Water aerobics	✓	✓	
Yoga		✓	✓

What are you doing when you're not active?

Sitting down for long periods of time isn't good for your health.

How much time do you spend sitting down during the day? Have a think, and put your answers (in minutes) below.

- [ ] Watching telly
- [ ] On the internet
- [ ] Reading
- [ ] Listening to music
- [ ] Chatting with friends
- [ ] Playing video games
- [ ] Driving
- [ ] Sitting at a desk or work station
- [ ] Other
- [ ] **Total**

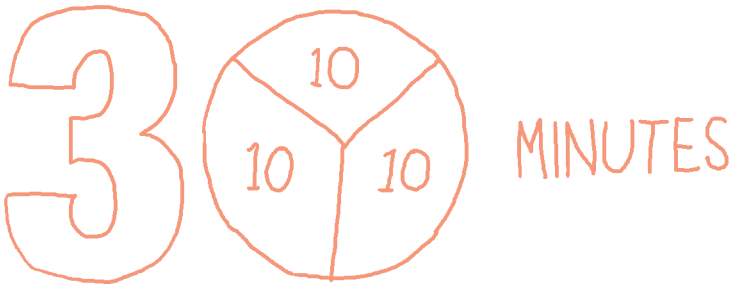
What small changes can you make to get more active? Look at our suggestions on page 15 to get you started.

Are you already heading towards the weekly target?

Think about how much moderate intensity activity you did each day last week.

Fill in the diary on the next page to see what you're doing and how much of it counts towards your 150 minutes a week target.

Fast fact
Every 10 minutes counts.
You don't need to do 30 minutes of non-stop activity to benefit from being active.



Your personal activity diary

Fill in the diary below to see what you're doing and how much of it counts towards your 150 minutes a week target.

We've got more weekly activity sheets for you to download on our website. Check out **bhf.org.uk/stayingactive**

Day of the week	**Type of moderate intensity activity** Moderate intesity activities will make you feel warmer, breathe harder and make your heart beat faster than usual, but you should still be able to carry on a conversation.	**Time (in minutes)** spent doing each activity	**Total time (in minutes)** spent being active each day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Are you already heading towards the weekly target?

What do you want to do?

Think about the aerobic, strength and flexibility activities you already do, like running or swimming, and any other similar activities that you'd like to do regularly.
What are they?

Apart from those certain activities, you should also think about your everyday routine. How can you make it more active?
When are you going to start? Maybe you want to start right away. Maybe you want to start next week. Whenever it is, write your start date below, put it in your diary and stick to it.
I will start on

What else do you need to do before you start?

What will make it easier to help you get started? Do you need to check with your doctor about what type or how much activity you can do? Do you need to find out more about your local facilities like the nearest swimming pool or open space? Do you want to talk your plans through with a friend or your partner?

Write it down so you know what you need to do.

Setting goals helps you see what you're aiming for in the long-term and to decide on the steps you can take to get there. By knowing what you want to achieve, you can work out where you should focus your efforts.

Set some goals

What do you want to achieve? Setting a long-term goal will give you something to aim for.

Setting some short-term goals will get you on the right track to help achieve that long-term goal.

Be SMART with your goals.

Specific

What exactly do you want to achieve? Say "I am going to jog at lunchtime" instead of "I am going to be more active".

Measurable

Put a number to it and you'll focus much better. "I'm going to jog for 30 minutes" is better than "I'm going to jog".

Achievable

Start small and easy, then you'll be more motivated to succeed. Try walking just 15 minutes a day.

Relevant

If your goal doesn't make sense to you, it will be much harder to do. Don't say you'll run a marathon when you can only manage five minutes.

Timed

Give yourself a clear deadline for when you want to reach your goal, put it in your calendar and mark off the days.

Alan's story

"After suffering from angina for a few months, I had a stent fitted in March 2010. Having the stent fitted really motivated me to make some changes to look after my heart health. I now walk to work most days.

I started off doing one or two days a week. I got used to that pretty quickly, so now my wife and I do a big shop and haul it all on the walk back home. I'm getting a workout by walking as well by carrying the bags, which I know is good for my muscle strength and flexibility. If you're trying to change things, you've got to be set realistic goals. You'll find it a lot easier!"

Alan West, early 50s, Isle of Man

Top tips for setting your goals

1. **Think about what you can do right now, with the minimum of fuss.** What are you doing already? Do you go to the local park with your kids? Could you walk to get your daily paper?
2. **What small – but important – changes can you make right away?** Why not take the stairs instead of the lift?
3. **Be sensible.** If you're not very active right now, don't set yourself a goal of running a marathon next month. Why not give yourself a target of getting off the bus one stop early and walking the rest of the way home two days a week? Once you've reached that goal, you can think about the next one.

Short-term goals:

Maybe you want to use the stairs instead of the lift. Or maybe you'll wash the car yourself and not go to the car wash. Whatever your short-term goals are, write them down.

Long-term goals:

Found a BHF event you want to do? Want to learn how to swim? Longer term goals like these give you something to aim for. What do you want to achieve?

Give yourself a pat on the back

How are you going to reward yourself when you achieve your goals? What can you give yourself or what treat can you enjoy that won't undo all your hard work? Write it down and look forward to it.

Download more goal sheets on **bhf.org.uk/stayingactive**

Make sure you're safe

To make sure your first steps into being active are enjoyable, they need to be safe too.

Top tips to stay safe

1. Don't do physical activity if you feel unwell or have a high temperature
2. Wear comfortable shoes and clothes that give you good support
3. Remember to drink water before, during and after your activity - don't wait until you're thirsty
4. Avoid exercising outdoors on your own at night
5. Wear a helmet if you're cycling; use bike lights and wear reflective clothing at night
5. Start slowly and build up the pace of your activity gradually. Make sure you slow down gradually too. Don't suddenly stop.
6. Do some stretching exercises after your activity to help avoid muscle stiffness the next day
7. Stop if you're in pain, feel dizzy, become tired or feel unwell.

Make sure you're safe

Your personal activity diary

It's time to get started. Fill this in each day so you can see how you're doing each week. We don't want this to be a flash in the pan – make sure you've got more copies of your personal activity diary to keep you going.

We've got more weekly activity sheets for you to download on our website. Go to **bhf.org.uk/stayingactive**

Day of the week	**Type of moderate intensity activity** Moderate intesity activities will make you feel warmer, breathe harder and make your heart beat faster than usual, but you should still be able to carry on a conversation.	**Time (in minutes)** spent doing each activity	**Total time (in minutes)** spent being active each day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Your personal activity diary

Check your progress

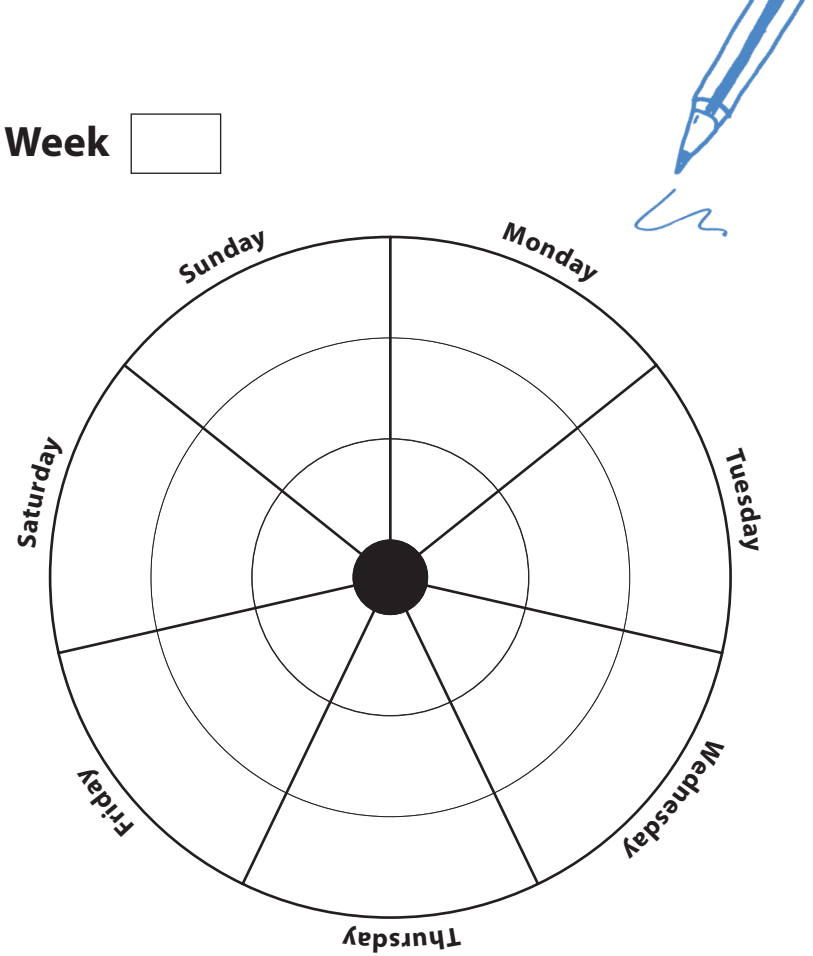
You may have had some successes as well as some difficulties. It's really important you work out how you've done and how close you are to reaching your goals. Let's look at the bigger picture and see where there are gaps.

Each of the sections on this diagram represents a day in the week. Each smaller segment equals ten minutes of moderate intensity activity. For every ten minutes that you've been active on any given day, colour in a section. Fill in segments on the outside of the circle first, then work inwards. Your aim is to do enough activity to hit the bullseye each day.

Come back to this each week and compare the amount of activity you do from week to week to see if you're making progress. Remember the aim is to hit the bullseye by doing 150 minutes of moderate intensity activity every week.

If you enjoy using the bullseye and the chart, you can download more copies at **bhf.org.uk/stayingactive**

Week ☐



Now mark against the chart below how many minutes you've been active this week. Come back to this each week to compare how you've done. If you put the date each week, you'll be able to track your progress.

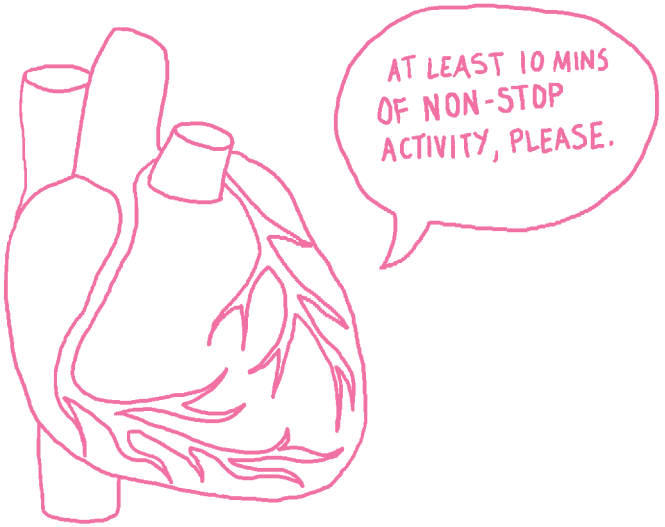
Week	Number of minutes this week				
	30	60	90	120	150
☐					

How did you do?

As you probably know by now, you need to do moderate intensity aerobic activities for at least 150 minutes every week. For your heart to get the benefit, you need to do the activity continuously for at least ten minutes at a time. Try to be active every day.

Turn over the page to find out how well you are doing

For a reminder of what moderate intensity activity is, go back to page 18



Look back at your completed personal activity diary. How did you do?

If you weren't really active at all.
Think about what's stopping you. What are the barriers? How can you deal with them? Look at your goals and reward. What can you do to meet the goal and enjoy your reward?

Something stopping you from being active? Go to page 56 to see how you can turn a negative into a positive.

If you did a bit of activity on a couple of days.
It's great that you're being active. But, being active every day is better for your heart. Try to spread it over the course of a week and think how you can build it into your daily routine.

If you were active for 30 minutes on a couple of days.
Try to be active on more days of the week and set yourself a higher target per day for next week. Think how you can build more physical activity into your day.

See page 15 for more ideas on how you can build physical activity into your day and page 36 to help you set a new activity goal for next week.

If you were active most days of the week.
Are you hitting the 150 minutes target per week? Set yourself a higher daily target to help reach your goal.

If you were active every day.
Amazing! You're really working hard to improve your health. Don't stop now. Try to stay active every day and build on the amount of physical activity you're already doing. Keep setting new goals, have fun and stay healthy.

Go to page 58 to see where you can go to rise to the challenge of staying active over the long term.

If you didn't do so well...

Sometimes our plans don't work out. Maybe something cropped up unexpectedly or maybe you'd planned to do something outside but the weather was too bad. Don't worry about it too much – think about what you can do to change it. Have you got a back-up plan if the weather is bad?

If you've lost interest or your reward looks too far away, why not look at your action plan again. Make a fresh start and look for new ways to get going again.

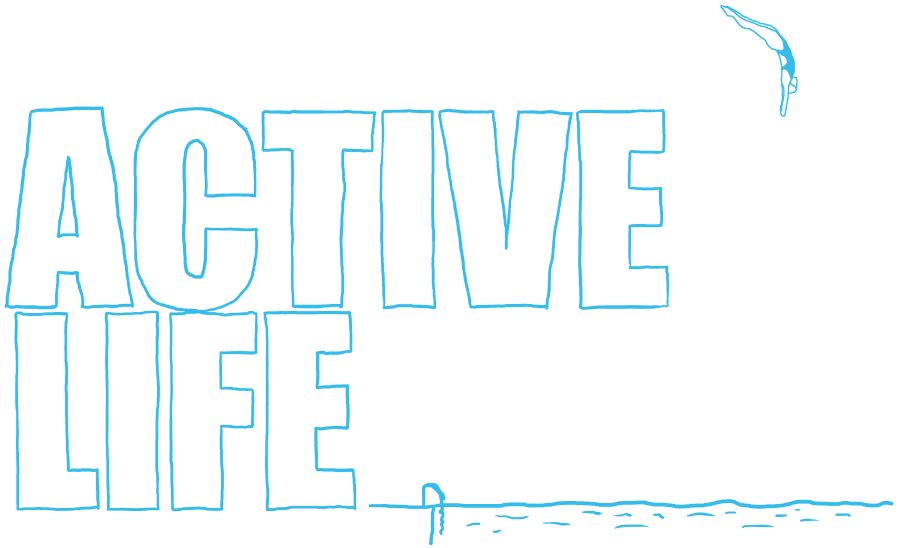
Your goals need to be realistic and you should work out what's been stopping you from reaching your goals. If you need to, change your plans to make them more realistic, especially now you know a bit more about what works for you.

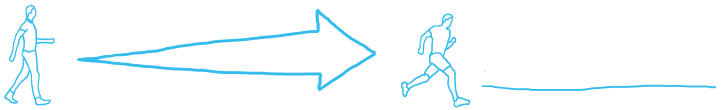
"IF AT FIRST YOU DON'T SUCCEED, TRY, TRY, TRY AGAIN"

WILLIAM HICKSON, WRITER

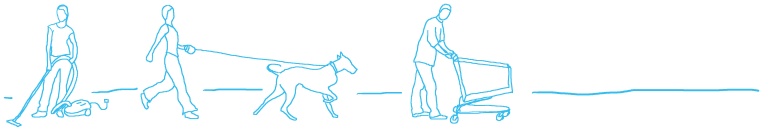
Does life get in your way?

Don't think of your everyday life and being active as two separate things. Here are a few common disruptions and some thoughts on how you can get back on track.

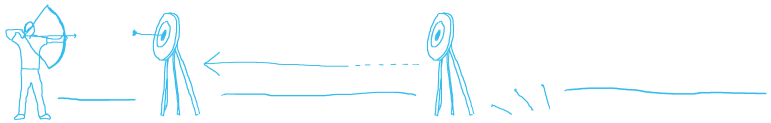




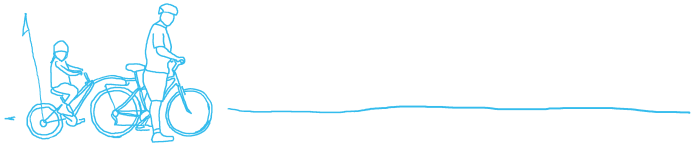
After a holiday or illness.
Take it easy when you begin again. Start with small amounts of activity and gradually build up how much you do.



Made a start but not active every day.
Find ways to incorporate activity into your daily routine. See pages 15–17.



It all seems like too much effort.
Are you trying to do too much? Set some new short-term goals and reward yourself when you achieve them.



Family and home responsibilities are getting in the way.
Plan how to deal with your other commitments, but also plan to do some different activities that you can fit around them.

You find it's no fun doing things by yourself.
Invite a friend to join you so you can support each other. Or join a group or club.

Long spells of bad weather make outdoor activities unpleasant.
Switch to indoor activities at home or at an indoor leisure centre until the weather gets better.

Have you started to make activity part of your everyday life? Have a read again if not. Go to page 12 to refresh your memory.

What's stopping you?

Do any of these sound familiar? Try turning the negative into a positive.

I'm too tired.

Once you start being more active, you'll have more energy in the long term. And you'll feel more relaxed afterwards.

I'll feel lonely.

Talk to your friends and family and see if any of them want to get more active too. Get active together instead.

I don't have time.

Make sure you set aside time in your diary to be active so it becomes part of your daily routine.

I've never liked sport or PE.

Being active doesn't need to involve sport. Walking to and from the shops is a great way to be active.

I'm not old enough to worry about this yet.

Being active now means you're helping to prevent health problems now and in the future too.

My religion makes it difficult.

Although cultural and religious beliefs can affect how you feel about sport, there's no evidence to show that they don't allow you to be active.

It's expensive.

Bending and stretching at home are completely free. So are many other lifestyle activities, like going for a walk or jog or using food tins as weights at home.

There's nothing where I live.

Look at the contacts section on page 60 to find out what you can do in your area – the BHF have events and activities across the country. Or find out more at your local council or leisure centre.

I work funny hours.

Find a certain time each day to be active, even if it's just for a few minutes. A stretch before bedtime or walking more briskly to work both count. Try to build activity into your daily routine.

I might get injured.

Start slowly and go at your own pace – there's no need to overdo it.

I'm embarrassed.

You don't have to go to a gym, get dressed in sportswear or be active where other people can see you.

I'm overweight.

Being active will help you control your weight and body shape. Whatever your weight, it's never too late to start being more active and you can take it at your own pace.

Myth buster
Don't have enough time?
You may always be able to find a reason not to be more active. If something is stopping you, try and work out what you can do to get over that barrier.

Keep going

Staying active is a big challenge. Use your personal action plan and activity diary to help you plan ahead and set new goals. Chart your progress so you can look back at how far you've come over time.

Top tips to keep going

There's a lot you can do to help yourself. Here are some things to remember:

1. **Do things you enjoy.**

We're all more likely to do something and stick to it, if we enjoy it.

2. **Remember the positives.**

Think about how being active will help to make you feel – fitter, more energised, relaxed, self-confident, toned and happy.

3. **Use reminders.**

Use your phone, use the action plan, use whatever will help to remind you to be more active.

4. **Be creative and vary your activities.**

Change the place or time where you do your activity or try something totally new to keep things exciting.

5. **Be social.**

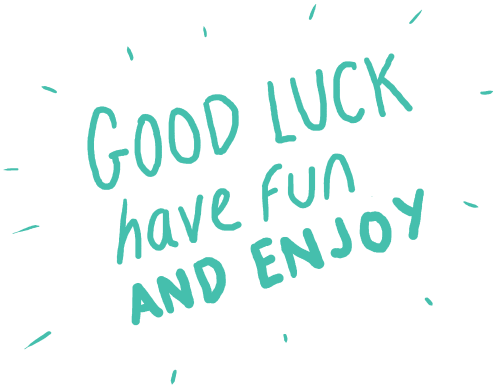
Get your friends, family or neighbours involved. You can help each other and be active together.

6. **Be ready to go.**

Keep your walking shoes near the door or keep a gym bag packed and ready so you can use every chance to get active.

7. **The most important thing is not to give up.**

If you miss a day – just start again tomorrow. Your health is worth the effort now and in the future.



Useful contacts and local information

Walking

Paths for all (Scotland)
Phone: 01259 218888
www.pathsforall.gov.uk

Ramblers
Phone: 020 7339 8500
www.ramblers.org.uk

Walk Northern Ireland
Phone: 028 9030 3930
www.walkni.com

Walking for health
Phone: 0300 060 2287
www.wfh.naturalengland.org.uk

Cycling

Cycling Scotland
Phone: 0141 229 5350
www.cyclingscotland.org

Sustrans
Phone: 0845 113 00 65
www.sustrans.org.uk
A charity that helps people to travel in ways that benefit their health and the environment.

Swimming

British Swimming
Phone: 0871 200 0928
www.swimming.org
Go to 'Get involved' section on this website.

Scottish Swimming
Phone: 01786 466520
www.scottishswimming.com

Swim Wales (Nofio Cymru)
Phone: 01792 513636
www.welshasa.co.uk

Other activities

BTCV Green Gym
Phone: 01302 388 883
www.btcv.org/greengym
For information on outdoor conservation activities.

To find facilities near where you live

Active Places
www.activeplaces.com
A Sport England website.

Sport Wales (Chwaraeon Cymru)
Phone: 0845 045 0904
www.sportwales.org.uk

Sport Northern Ireland
Phone: 028 90 381222
www.sportni.net

DirectGov
www.direct.gov.uk
To find a sports club near where you live, look up your local authority website and search for 'sports clubs'.

For a list of national governing bodies of sport and sport clubs

Sport England
www.sportengland.org

Sport Scotland
www.sportscotland.org.uk

Sport Wales
www.sportwales.org.uk

Sport Northern Ireland
www.sportni.net

For people with mobility problems or a disability

British Wheelchair Sports
Phone: 01296 395 995
www.wheelpower.org.uk

Disability Sport England
Phone: 0161 953 2499
www.disabilitysport.org.uk

Disability Sport Wales (Chwaraeon Anabledd Cymru)
Phone: 0845 846 0021
www.fdsw.org.uk

Extend
Phone: 01582 832760
www.extend.org.uk
For local exercise classes for those aged over 60 and for less able people of all ages.

Inclusive Fitness Initiative
Phone: 0114 2572060
www.efds.co.uk
Click on the 'Inclusive Fitness Initiative' link on this website for details of centres, with special equipment and specially trained staff, offering fitness programmes for disabled and less mobile people.

Thrive
Phone: 0118 988 5688
www.thrive.org.uk
A charity which helps people with disabilities to take part in, benefit from and enjoy gardening.

Your local information

Visit **better.org.uk/leisure** to find out where your local health centre is.

Resources from the British Heart Foundation (BHF)

The BHF is the nation's heart charity, dedicated to saving lives through pioneering research, patient care, campaigning for change and by providing vital information.

We produce a wide range of resources to help you and your family and friends look after your heart health – many have been mentioned throughout this booklet.

To order any of our heart health resources:

- Call the BHF Orderline on 0870 600 6566
- Email orderline@bhf.org.uk
- Visit bhf.org.uk/publications

You can also download many of our publications from our website **bhf.org.uk**.

For information about all of our resources, ask for a copy of *Our heart health catalogue* (code G5).

Inspired to make other lifestyle changes?

Being physically active is only one part of keeping healthy to protect your heart. Eating well, stopping smoking and managing stress are all important too and we have resources available to help you. Order or download the below booklets or visit **bhf.org.uk/prevention** for more information and advice.

- *Eating well* (code G186)
- *Cut down on salt* (code G160)
- *Put your heart into walking* (code G26)
- *Coping with stress* (code G187)
- *Stop smoking* (code G118)

Our resources and services are free of charge, but we rely on donations to continue our vital work. If you'd like to make a donation, please call our donation hotline on 0300 330 3322 or visit our website at **bhf.org.uk/donate.aspx**. Or, please complete the form at the end of this booklet and send it to us at the address on the back cover.

Heart Matters

Heart Matters is our free, personalised service to help you live with a healthy heart. Join Heart Matters today to access benefits including *heart matters* magazine, a Helpline and an online members' area with recipes, articles and lifestyle tools. Register online at **bhf.org.uk/heartmatters** or call 0300 330 3300 (calls are charged at a similar cost to 01 or 02 numbers).

How you can help

As a charity we rely on the generosity of people like you to fund our vital work. Thousands of people with heart disease turn to us for help every year and even more will need us in the future. We want to be there for them.

There are many ways you can get involved and play a crucial role in our efforts to beat heart disease:

Become a **volunteer** and help run our shops, support local events and fundraising or even campaign for the UK's heart health – there's something for everyone.

Take part in one of our events – they're a great way for you to have fun, get fit, and save lives. Choose from cycles, runs, walks and many more.

Join our Heartstart initiative and **learn to save lives** with the skills of emergency life support. Over 2.6 million people already have.

Give to your local BHF shop – it's easy to **donate your unwanted items** to us and help us raise vital funds.

Make a one-off **donation**, set up a direct debit, give in memory or leave a gift in your Will – there's lots of ways to support us.

Shop from the heart with our **online shop** – all profits from the BHF Shop help fund our life-saving work.

For more information visit **bhf.org.uk/youcanhelp** or call 020 7554 0000.

Thank you.

Help the BHF save more lives by supporting us with a donation today

Title ☐ First Name ☐ Surname ☐

Address ☐

☐ Postcode ☐

Phone ☐

Email ☐

We would like to keep in touch with you to let you know how your support has made a difference.
By supplying your email address you agree that the BHF may use this to contact you about our work.

Please accept my gift of either £10 ☐ £15 ☐ £20 ☐ Other ☐

(Please make your cheque/postal order / CAF voucher payable to The British Heart Foundation.)

OR please debit the above sum from my:

☐ AMEX ☐ CAF Card ☐ Master Card ☐ Visa/Delta ☐ Maestro

Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐ ☐☐☐ (Maestro only)

Valid from ☐☐/☐☐ Expiry date ☐☐/☐☐ ☐☐☐ (security code) Issue no ☐☐ (Maestro only)

Signature ☐ Date ☐☐/☐☐/☐☐

The British Heart Foundation is the nation's heart charity, registered charity number 225971 (England and Wales) and SC039426 (Scotland).

Once completed, please return the whole of this form to:
Freepost RRZJ-LCHX-EKCR, British Heart Foundation, Greater London House, 180 Hampstead Road, London NW1 7AW.

giftaid it

Make your gift worth almost a third more – at no extra cost to you!

Are you a UK taxpayer? If you are a UK taxpayer please tick the **first box** so we can claim back up to **25p** for every **£1** you give **at no extra cost to you.**

GA1 ☐ Yes, I am a UK taxpayer and would like the BHF to reclaim the tax on any of the donations I have made in the last four years and any future donations I may make.*

Date ☐☐/☐☐/☐☐

GA2 ☐ **No**, I am a non-taxpayer.

* To qualify for Gift Aid, you must pay an amount of UK Income Tax and/or Capital Gains Tax at least equal to the amount that all the charities or Community Amateur Sports Clubs (CASCs) will reclaim on your gifts for that tax year (6 April one year to 5 April the next) and you understand that other taxes such as VAT and Council Tax do not qualify.

☐ If you do **not** wish to be contacted by post, please tick this box. (MP0074)

☐ If you do **not** wish to hear from us by phone, please tick this box. (MP0075)

☐ From time to time we allow other similar organisations to contact our supporters.
If you do **not** wish to be contacted by them, please tick this box. (MP0060)

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Notes

Notes

Have your say

We would welcome your comments to help us produce the best information for you. Why not let us know what you think? Contact us via our website **bhf.org.uk/contact**

Children's resources

Do you want the kids in your family to be more active and eat healthier? Help them make some changes now by encouraging them to visit the following websites:

- **cbhf.net** a website for 7-11 year olds
- **yheart.net** and **yoobot.co.uk** websites for 12-19 year olds

We also produce free resources for parents, teachers and those who work with children to help them encourage young people to live a heart healthy lifestyle. Go to **bhf.org.uk/teachers** for more information, or call the BHF Orderline on 0870 600 6566.

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We are the nation's heart charity, dedicated to saving lives through pioneering research, patient care, campaigning for change and by providing vital information. But we urgently need your help. We rely on your donations of time and money to continue our life-saving work. Because together we can beat heart disease.

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bhf.org.uk/stayingactive

Heart Helpline
0300 330 3311
bhf.org.uk

Information & support on anything heart-related
Phone lines open 9am to 5pm Monday to Friday
Similar cost to 01 or 02 numbers

British Heart Foundation
Greater London House
180 Hampstead Road
London NW1 7AW
T 020 7554 0000
F 020 7554 0100