

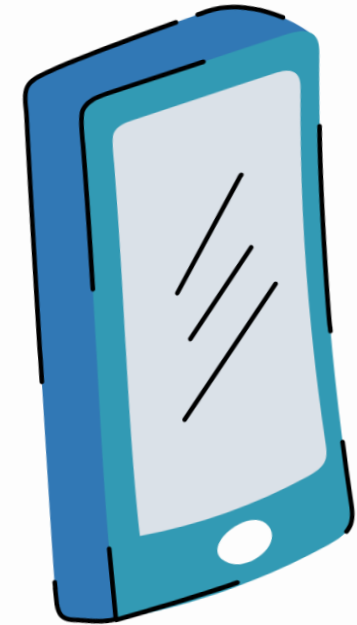
Healthy Lifestyle Resource

Social Prescribing Richmond

ruils
independent living

Exercise Apps

- [Les Mills](#) – yoga, Pilates, cardio, strength and body balance
- [7- minute](#) - resistance exercises for home use
- [Couch to 5K](#) - motivation to start running over 9 weeks
- [Active 10](#) - tracks steps in the day; motivation to be more active
- [MyFitness Pal](#) - take control of your goals, track calories, break down ingredients and log activities
- [Runkeeper](#) - motivational app for walking/running with GPS



In-person Exercise Classes

- [Etna Centre in St Margaret's](#)
020 8892 3676
Yoga and Pilates
- [Cambrian Community Gym](#)
020 8332 1102
Specialist exercise referral for cardiac, respiratory, neurological and elderly care
- [Richmond Borough Sport and Activities](#)
Sport clubs and activities in Richmond Borough
- [The Inspired Hub in Hampton Hill](#)
07713 405049
Yoga, Pilates and activities for all ages
- [The Avenue in Kew](#)
020 8948 8807
In-person and online exercise classes and men's club
- [Activate: Soup and Stretch](#)
office@activatechurch.org.uk
Meet people, build confidence and improve mobility

Make sure to check availability as class times/locations are subject to change.

Online Exercise Classes

- [Les Mills](#)
Home workouts and plans for all levels
- [PE with Joe Wicks](#)
Intermediate exercise videos on YouTube
- [Yoga With Adrienne](#)
YouTube yoga videos suitable for different levels of ability
- [Our Parks](#)
Various fitness workouts and yoga classes via Zoom



Outdoor Exercise

Parks and Running

- **Our Parks** [Richmond Bootcamp](#) and [Hounslow Bootcamp](#)
getfitnow@ourparks.org.uk
0800 111 4464
Bootcamps at Hanworth and Redlees Parks
- [Park Run](#)
Saturday morning 5K runs in Richmond Borough Parks
- [Good Gym](#)
Combine running with helping those in need in the community



Outdoor Exercise

Walks

- [OneYouHounslow](#) (for Hounslow Residents)
020 8973 3530
Free Community Health Walks and resources
- [Walking For Health](#)
30 and 60 minute walks in Richmond Park and Ham
- [Let's Go Outside and Learn Walks](#)
outdoor.learning@outlook.com
02084016837 (Frances) or 07939 001731 (Mairi)
Explore local parks, their wildlife and history using discussion, written word, quizzes, art and relaxation techniques



Outdoor Exercise

Assisted Walks and Activities

- **Dementia Friendly Health Walks in Kew Gardens**
discovery@kew.org
Free walks start from Victoria Gate; carers can attend
- **Wellbeing and Accessible Walks** from Ruils & RB Mind
volunteering@ruils.co.uk or outdoor.learning@outlook.com
Accessible walk for wheelchair users in Twickenham
- **Companion Cycling**
bookings@companioncycling.org.uk
Resource for people with special needs to access specialised cycles in Bushy Park



Outdoor Exercise

Richmond Green Gyms

Become a Conservation Volunteer to help transform green spaces and improve physical and mental health by being outdoors, active and connected to others.

- [Green Gym at Meadway](mailto:gg-richmond@tcv.org.uk)
gg-richmond@tcv.org.uk
- [Green Gym in Isleworth](mailto:gg-isleworth@tcv.org.uk): Red Lees Park and Duke's River
gg-isleworth@tcv.org.uk
07717 494476 (Pablo Alvarez)



Healthy Ageing

- [Move It Or Lose It](#)
Variety of exercise and mindfulness classes, exercises for later life and seated exercise
- [Silverfit](#)
Nordic walking and [online video/audio sessions](#)
- [Chartered Society of Physiotherapy](#)
At home exercises for the elderly
- [Third Age Trust](#)
Offering a variety of in-person and online groups including bird watching, cycling, rambling and river walks
- [Age UK Richmond](#)
Exercise classes including Zumba gold, fit for men, walking football, t'ai Chi and low impact aerobics



Make sure to check availability as class times/locations are subject to change.

Weight Loss Support

- [Slimming World Comeback Programme](#)
In-person or online sessions that support weight loss
- [Weight Watchers](#)
- [OneYouHounslow \(for Hounslow Residents\)](#)
020 8973 3530 to speak with their Health Coach
Monday to Friday 9am – 5pm, or register your interest via their website.
- **Move It to Lose It Brentford Men's Group**
07929 008923 (Carol Clark)
Group for men aged 30-60 focused on nutrition and exercise
- [NHS 12-week weight loss plan and app](#)



Online Nutrition Resources

[OneYouHounslow](#) (online resources available for everyone)

This website has a wealth of information:

- Keeping healthy; recipes and blogs; video recipes; cook and eat sessions on zoom
- Become smoke-free/drink-less and apps to support
- Looking after mental health
- Blogs to help during Covid-19: How to cope during the Covid-19 crisis, immune boosting foods, freezing food tips, menu planning, healthy snacks, eating healthy on a budget

A Practical Resource Pack to Support Primary Care Practitioners in the Management of Overweight or Obese Patients (see separate handout)

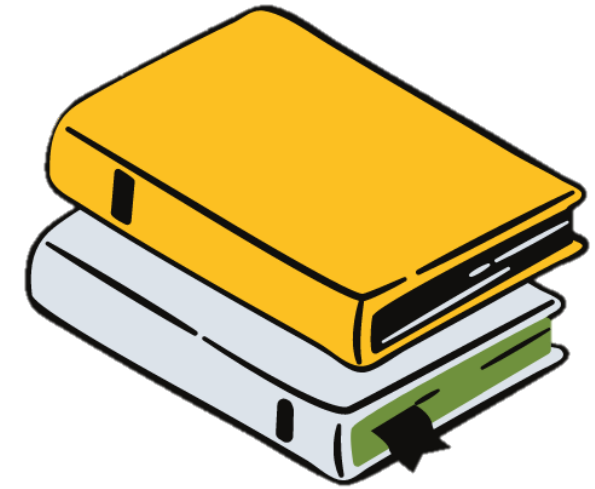
Online Resources

- **How to be active around the house during Covid-19**
 - [OneYou Hounslow Activity Resources](#)
 - [Our Parks Couch to Fitness](#)
 - [NHS Live Well Tips](#)
- [NHS OneYou](#)
Activities, food facts, smoking, diabetes, list of apps
- [NHS Change4Life](#)
Food facts, smart recipes, activities and app



Podcasts, Books and Recipes

- ***The Low GL Diet Cookbook* by Patrick Holford** – helps with understanding of blood sugar; carbohydrate portions; good explanation of Glycaemic Loading for general weight management and blood sugar management,
- ***Dopamine Diet* by Tom Kerridge** - low carb weight loss recipes
- **[8- Week Blood Sugar Diet](#) by Michael Mosely, resources and recipes for blood sugar and diabetes**
- **[Lean in 15 Cookbook](#) by Joe Wicks (quick and easy recipes); podcasts;**
- **[Feel Better in 5](#) by Rangan Chatterjee books and podcasts: tips on health, exercise and wellbeing;**



Psychological Resources

- [Richmond Wellbeing Service](#)
020 8548 5550
Supports clients with CBT around relationship to food and changing negative habits
- [National Centre for Eating Disorders \(NCFED\)](#)
Support Line: 020 8548 5550 Directory of counsellors for eating disorders (private)
- [BEAT](#)
Eating disorder support, information and helplines
- [Richmond MIND](#)
- [SLaM](#)
Free wellbeing webinars in mindfulness, anxiety, making changes and managing Covid-19
- [Ruils Bridging the Gap Booklet](#)
Mental Health Directory for Richmond Borough

Diabetes Resources

- [NHS Healthier You Diabetes Prevention Programme](#)
- [Diabetes UK](#)
03451 232399 – Helpline 9am-6pm Mon-Fri
- [Richmond and Twickenham Diabetes Group](#)
Referral onto this programme is via patient's GP.
Currently running zoom meetings.
- [Diabetes Healthcare Professional Advice Line and Email Support](#)
020 8714 4070
HRCH.diabetesrichmond@nhs.net
- [NHS South London Diabetes Education Courses](#)
- **Further information on managing diabetes**
 - [NHS Diabetes Toolkit](#)
 - [NHS Type 1 Diabetes Overview](#)

Resources for Independent Living

- [Centres for Disease Control and Prevention: Disability and Health Promotion](#)
Topics covered are nutrition, exercise, smoking and drinking
- [Scottish Commission For Learning Disability Healthy Living Pack](#)
Information on food labelling, fruits and vegetables, salt, healthy recipes with very clear photos and instructions
- [Easy Read Information for people with Learning Disabilities](#)
This website helps clinicians provide Easy Read information to people with learning disabilities on nutrition
- [General Accessible Exercises](#)
Wheelchair exercises, trouble walking, managing balance, Pilates and yoga