

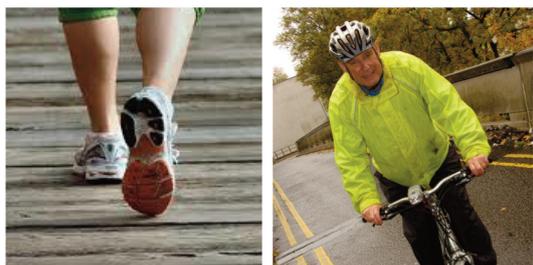
# PULLING OUR WEIGHT TOGETHER

## STAND MORE, BE ACTIVE AND MOVE MORE



### STAND MORE

We all sit for too long watching TV or while using a computer. Too much sitting in cars, at work or at home can affect our health. Check out the facts in [‘What is sedentary behaviour?’](#)



### BE ACTIVE AND MOVE MORE

2 out of 3 adults in Cardiff and Vale do some physical activity each week and already a quarter of us reach the recommended levels. Find out about the [‘Physical activity guidelines for adults’](#)

Obesity expert Dr Tony Goldstone explains, with the aid of a MRI scanner why fat is bad for our health, and how even small amounts of physical activity can be good for us. Have a listen to [‘What are the health risks of obesity?’](#)

## ACTION FOR PARENTS & CHILDREN

**Encourage children to be active for at least an hour a day and limit the time children sit**



Support children to get moving. Have a look at the video [‘Change4life Childhood Obesity’](#)

Help children learn the skills to be active. Ideas for us from children in [‘Sport Wales - Physical Literacy’](#)

Encourage children to walk, cycle or scoot to school. There are lots of ideas in the videos [‘Walking to school in Wales’](#)

Encourage children to be outdoors. Have a look at the video [‘Project Wild Thing’](#)

## ACTION FOR YOUNG PEOPLE & ADULTS

**Move more and be active more often**



Build up to 2.5 hours of moderate to vigorous physical activity a week. Make a start with 10 mins a day

Travel to work or school/college on foot, by bike or on public transport. The [‘Fitbit Walk to Work’](#) explains the benefits

Use the great, free, outdoor parks and spaces for activity. Check out [Outdoor Cardiff](#) or [Visit the Vale](#)

Find out activities available near you by having a look at [Sport Wales](#)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

# ACTION FOR GROUPS

## Support walking and cycling in your area



Work with councils and other agencies to make improvements such as traffic calming measures and keeping local green areas clean and attractive

Information on 20mph schemes is available for the *'20mph pilot scheme'* (Cardiff) and for *'20's Plenty for Us'*

Have a look at *'A community-led street redesign project on the Becontree estate'* for ideas on how to change your street layout

# ACTION FOR SCHOOLS

## Support pupils and staff to move more and sit less



Encourage before and after school activities

Start projects that support pupils to stand up in class. *'The schools taking a stand against too much sitting down'* provides information and ideas

Protect time for physical education, and promote physical literacy. Have a look at the resources *'Physical literacy. A journey through life'*

Work with Sustrans and the councils to promote walking and cycling to school. Resources are available on the *'Practical guides for teachers in Wales'* website

# ACTION FOR EMPLOYERS

## Support staff to move more and sit less



Promote walking and cycling to work and active break times

Alter workplaces so that staff can stand during meetings and at their desk

Encourage staff to use the stairs, instead of lifts. Have a look at *'Sitting while working can increase risk of diabetes'*

# ACTION FOR LOCAL COUNCILS

## Promote walking and cycling around neighbourhoods and maintain open spaces



Maintain and promote green spaces, footpaths & cycle routes. Have a look at *'Better greener places'*

Introduce traffic calming measures and 20 mph schemes

Design neighbourhoods that encourage children to play and residents to walk and cycle between communities.

The guidance *'What can local authorities achieve by encouraging people to be more physically active'* is available