

Local
groups &
green
spaces

MOVE TOGETHER IN OXFORDSHIRE

MOVE TOGETHER

Move Together is the new pathway into activity for Oxfordshire, for anyone who has been shielding, or whose mental or physical health has been negatively impacted by the pandemic.

Access free 1-to-1 advice, support & guidance. To find out more and submit an online enquiry form go to:

getoxfordshireactive.org/move-together



LIVE WELL OXFORDSHIRE

Find a local activity, group or service through Oxfordshire's easy to use online directory. Find activities and organisations by postcode, age group, and type.

livewell.oxfordshire.gov.uk



LOCAL HEALTH WALKS

Health Walks are free, local, volunteer-led weekly walks. Walks vary in distance and length, usually between 30-90 minutes. Everyone is welcome on these friendly and sociable walks.

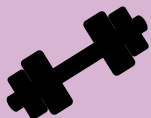
walkingforhealth.org.uk



PARKS & GREEN SPACES

Explore the parks, walking trails, & cycling routes available in the City, Cherwell, West Ox, South & Vale through the District Council's Physical Activity & Wellbeing Hubs.

getoxfordshireactive.org/districts
- the hub link is at the top of each district page



GENERATION GAMES

For older adults, Age UK run a local physical activity service to get residents moving. Live classes are currently being held over Zoom instead of community classes. Videos & DVDs are also available.

generationgames.org.uk



YOGA & MEDITATION

For people experiencing mental health difficulties, Oxfordshire Mind run yoga classes in the community and offer a free online yoga and mindfulness club. They also run local walks and a support group.

oxfordshiremind.org.uk/physical-wellbeing

Find more options at GO Active - getoxfordshireactive.org
Move Together is funded by Oxfordshire County Council and co-ordinated by Active Oxfordshire in partnership with District Councils.

Free online
resources,
apps, &
printables

MOVE TOGETHER IN OXFORDSHIRE



NHS FITNESS STUDIO

The go-to source for trusted information about being physically active. Find video workouts including adapted exercises, cardio, strength & balance, and yoga. Plus advice, fitness plans, and printable pages.

nhs.uk/conditions/nhs-fitness-studio



COUCH TO 5K & ACTIVE 10

These free, easy to use apps are great for absolute beginners. Use Couch to 5k to build up to a 5k run and Active 10 to track and increase brisk walking. Designed to support and motivate every step of the way.

nhs.uk/oneyou/apps



JOIN THE MOVEMENT

Find something to suit everyone with Sport England's online resource library. Plus discover an online activity timetable, the most recent government advice, and top tips for getting started.

sportengland.org/jointhemovement



WE ARE UNDEFEATABLE

These great resources are to support people with long-term health conditions become more active. Find inspiring stories, practical advice, a video playlist, planner, and online Chatbot.

weareundefeatable.co.uk



ACTIVITY PACKS

For printable resources to support people to be active at home, download Move Together's downloadable Activity Pack. You'll find 10 Today, Fall Proof Cards, Move it or Lose It and much more!

getoxfordshireactive.org/move-together



MOVING MEDICINE

Take a look at Moving Medicine's handy printable patient resources for condition specific physical activity advice. You'll find patient info leaflets, workbooks, diary planners, and walking programmes.

movingmedicine.ac.uk/consultation-guides/patient-info-finder/

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**MOVE
Together**