



Leicester
City Council



Leicester City

News release

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For immediate release

Leicester's Healthy Heart winners announced

Leicester's Healthy Heart walkers have been rewarded with prizes for their efforts this month to log the most minutes of exercise.

Leicester's Healthy Heart campaign, which has been organised by NHS Leicester City, in partnership with Leicester City Council, was launched by City Mayor Sir Peter Soulsby in June to get residents on their feet and walking towards a healthier heart. During the second round of the walking challenge, from 2 July to 5 August, participants were asked to log the minutes they had walked over a five-week period.

The winning prize has gone to Elizabeth Izzard, from Highfields, Leicester who logged an impressive 8,394 minutes (139 hours) of walking. She did most of her walking to Spence Street Leisure Centre, where she goes almost every day for aquafit, aerobics, gym visits and to take part in over-50s exercise classes.

Elizabeth, who also enjoys Pilates, Cuban Latina dance and Zumba, explained how she clocked up her impressive minutes total by incorporating walking into her everyday life. She said: "I always walk into town and when I go to visit my friends, most of whom are around 30 minutes away.

"I also really enjoy doing sponsored walks. In July I did the 10km Race for Life and before that a 15-mile walk for Rainbows and a five-mile twilight walk for LOROS and I plan to do more of these in the future."

Elizabeth, who has suffered from kidney and other health problems, said that walking has helped to keep her spirits up and make her feel she is doing something to help herself.

She added: "I was diagnosed with kidney inflammation in 2008 and treated at the renal unit and was also referred to the rheumatology department where I was diagnosed with Polymyalgia Rheumatica and am being treated for that.

"Since taking up walking my general mobility has improved and I feel much healthier. The exercise I get from walking is very good for me physically and being able to get everywhere under my own steam is empowering."

NHS Leicester City and Leicester City Council will present Elizabeth with sports vouchers as her chosen prize for winning the second round of Leicester's Healthy Heart walking

challenge. She said: "I am delighted to have won the second phase of the challenge as I do spend a lot of time walking as I don't have a car. I plan to see the initiative through to the end."

In Leicester there are around 18,000 people with diabetes, over 10,100 with coronary heart disease and over 4,000 people who have had a stroke who are registered with GPs. Walking is a great way to improve health, reduce the risk of a future heart attack or stroke and can be done anywhere and at any time.

Other winners included Walking Mums, who took the first team prize, while a number of certificates and smaller prizes¹ were awarded to individuals and teams who have clocked up the most minutes since the campaign began.

Deb Watson, director of public health for NHS Leicester City and Leicester City Council, said: "Congratulations to the winners. It has been really encouraging to see how many people have backed the campaign so far.

"We want people to know it's not too late to sign up. The third phase is currently taking place until Friday, 2 September, so there is plenty of time for people to get into their stride and start logging those vital minutes.

"We recommend that adults take part in 30 minutes of activity per day, such as brisk walking to improve their heart health. This means walking so that you breathe a little faster, feel warmer and have a slightly faster heart beat. You should still be able to talk, so if you can't have a conversation you're going too fast."

The third phase of Leicester's Healthy Heart campaign finishes on 2 September and various prizes are available. A sports retailer voucher will be awarded to an individual who has walked between 90 and 210 minutes per week, with a winner being selected at random. There will also be a sports retailer voucher up for grabs for someone who logs up to 90 minutes per week. Individual and team prizes will again be awarded, as well as a community prize for the ward with the most minutes logged.

For more information on the campaign log on to www.leicestershealtyheart.co.uk or to get ideas on where to walk this summer visit www.leicester.gov.uk/parks

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Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of around 1.5m. Cluster formation is an interim stage in the reform of the NHS, involving ongoing transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament.

¹ Please see Notes to Editor

- Prize 1: Individual – Elizabeth Izzard (sports vouchers)
- Prize 2: Team – Walking Mums (sports vouchers)
- Prize 3: Individual accumulative – Name withheld
- Prize 4: Team accumulative – Footloose and Fancy Free (certificates only)
- Prize 5: Walked 90-210 minutes per week – Colleen Griffith (voucher)
- Prize 6: Walked up to 90 minutes – Name withheld (voucher)