

## **News release**

Tuesday November 29, 2011  
For immediate release

### **Exercise to keep warm and well this winter**

Walking, running and swimming are all great ways to keep warm and well this winter and with the dark nights upon us, physical activity officers are advising people to pull on their trainers or slip on their swimming caps and keep active.

Rob Melling, food and activity buddies (FAB) manager speaking on behalf of the PCT Cluster, said: "The best way to warm up this winter is to get exercising. This time of year is perfect for starting to get fitter before we all begin to indulge in festive foods and drinks."

Carla Broadbent, physical activity co-ordinator speaking on behalf of the city council, said: "Good health is vital to keeping bugs at bay this winter and to maintain good health you really need to do 30 minutes of moderate exercise three times a week. By moderate we mean an exercise that gets you slightly out of breath and gets your heart pumping but you should still be able to hold a conversation, such as walking, cycling or swimming."

Doing 30 minutes of exercise three times a week can in the short term improve concentration, mood and improve sleeping patterns and in the long term reduce the risk of people developing serious illness including heart disease, diabetes and stroke.

With more than 20 parks and hundreds of open spaces to visit across Leicester, Leicestershire and Rutland, keeping active couldn't be easier this winter.

For more information on how to keep active this winter visit your local council's website at [www.leicester.gov.uk](http://www.leicester.gov.uk) or [www.leics.gov.uk](http://www.leics.gov.uk) or visit the Change4Life website at [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

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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 more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving on-going transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.

## What is FAB?

The Food and Activity Buddies (FAB) Weight Management Service aims to support adults living in Leicester to lose weight through increasing physical activity and eating a balanced diet. The programme is jointly funded by NHS Leicester City and Leicester City Council and targets 18-74 year olds.