



# Get into Summer

2015

Ideas and inspiration for everyone to...



Eat well



Get active



Be healthy

West Lexham  
glamping holiday  
to be won



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bikes  
for the  
family  
from

**halfords**

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Visit [www.norfolk.gov.uk/getinto](http://www.norfolk.gov.uk/getinto)



# Reader Competition...

# Glamping holiday in West Norfolk to be won



West Lexham is a small, private boutique family glamping holiday camp on a beautiful family estate in the heart of the countryside. Our glamping holidays give you a chance to unwind and spend some quality time with your friends and family in inspiring natural surroundings.



We have 21 acres of gardens, water meadows and woods for you to enjoy during your stay - come and enjoy the walks around the lake, take a boat out on the river, play a game of tennis or just soak up the sun.

**Find out more at [www.westlexham.org](http://www.westlexham.org) or call us on 01760 755 602.**

Not only is your tent set up for you, it is the best canvass money can buy and is furnished with a wooden bed, rugs, furniture and lights. There are also vintage flushing loos, hot showers and a fully equipped kitchen with fridges, gas hobs, oven, wood fired pizza oven, cutlery and crockery.

Get into Summer has teamed up with West Lexham to give you the chance to win a three or four-night glamping holiday in a bell tent (to be taken in September or October 2015). To be in with a chance of winning simply fill in the entry form answering the question and send to:

**Glamping Competition, Communications Team, South Wing, County Hall, Martineau Lane, Norwich, Norfolk, NR1 2DH.**  
**You can also enter online at [www.norfolk.gov.uk/getinto](http://www.norfolk.gov.uk/getinto)**

### Terms and conditions

Entries to arrive no later than **Friday, August 7, 2015**. One entry per person. One winner will be drawn at random from all correct entries received. Prize is a glamping holiday in West Norfolk in a bell tent for up to three nights at the weekend or four nights mid-week. Prize must be used in September/October 2015. Prize is as stated and is non-transferable. No cash alternative. No purchase necessary. Competition open to UK residents only, excluding employees (and their immediate families) of Norfolk County Council (the 'promoter'), Archant, West Lexham, their agents, third parties, or anyone professionally connected with the promotion. The winner will be notified within 14 days of the closing date. The judge's decision is final and no correspondence will be entered into.

## Entry form

Q. How many acres of gardens does West

Lexham have? A.....

Forename:.....

Surname:.....

Age:..... Address:.....

..... Postcode:.....

Daytime tel:.....

Email:.....

We would like to email you with news about our services/products. Please tick if you do want to be contacted by Norfolk County Council  Active Norfolk  West Lexham

With training under way for the biggest international tournament of the year, TOM YOUNGS, one of two Norfolk-born brothers expected to play prominent roles in England's progress through the Rugby World Cup, talks about getting fit and how his rural childhood was the foundation for a career at the top of his game.



# England expects...

■ Tom Youngs, England hooker and confirmed fan of the Norfolk way of life.



The Youngs brothers, Tom and Ben, grew up in the north Norfolk

countryside,

with sport and the great outdoors central to their upbringing.

"We come from a big extended family, with about 20 cousins nearby, so there was lots of activity," says Tom, Leicester and England hooker and one of the three front row forwards who take the first force of a ton of opposition players in the crunching set-piece scrums.

"We spent a lot of time on the beach; we'd play football, rugby, cricket, squash, average tennis, athletics. We didn't spend much time inside, put it like that."

But, with farmer dad Nick a former Leicester and England scrum half (Ben's current position), it wasn't long before the boys began to focus on rugby.

Underlying the success forged from innate ability is fitness. Not the workaday and sustainable fitness encouraged in this supplement, but somewhere at a level difficult for anyone outside professional sport to understand.

"Our training doesn't take very

long, but it's extremely intense," says Tom.

"Typically, we do weights for an hour, then we're on our feet for an hour; we have something to eat, then we do another hour in the afternoon.

"Don't ask me how many calories we get through in a day's training. I just know what we eat: for breakfast, it might be steak or an omelette, maybe a chicken breast. We just eat what's in front of us - but we do work hard for it!

"That said, when we're not training I have to be very conscious of portion size, although I don't often feel very hungry when we're not playing regularly."

In the build-up to England's first game of the Rugby World Cup, against Fiji at Twickenham on September 18, Tom's focus will be entirely on training.

But he still hopes to get back to Norfolk when he can with his partner and 18-month-old daughter Maisie.

"It's a great place for families," he says. "There's so much to enjoy."

■ For information on how you can start playing touch rugby, see page 15.

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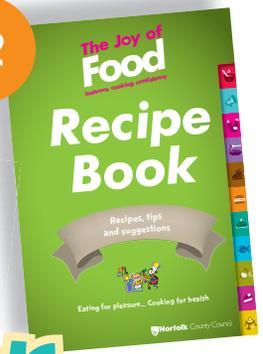
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## Must-dos along the Norfolk Trails

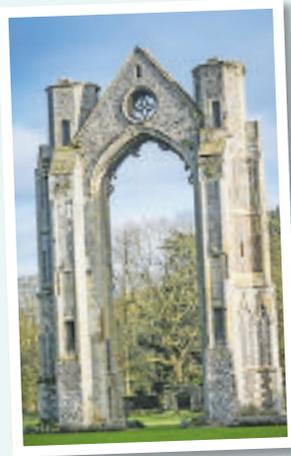
**To help people explore the Norfolk Trails network, Norfolk County Council's Trails team has, with the help of the public, created a list of 20 'must-do' or 'must-see' experiences along the trails. In no particular order:**

**1** Discover the beautiful area of Broadland around Buxton Mill using the Bure Valley Path, Buxton via Little Hautbois circular walk.

**2** Explore the ruins of Burgh Castle Roman Fort on Angles Way using Great Yarmouth to Burgh Castle short walk or Burgh Castle to Fritton short walk.

**3** Walk around the Broads on the Weavers' Way circular trail at picturesque Thurne – a perfect Sunday walk

**4** Stroll around the Little Walsingham circular trail via the Pilgrims' Way, then walk along to Walsingham Abbey (right).



**5** Spend a week walking a trail end to end – get sponsored for a charity.

**6** Stroll along Wherryman's Way and have a pub lunch while watching the boats sail past.

**7** Take the ferry across the Great Ouse from King's Lynn to West Lynn and then walk back via the Fen Rivers Way, enjoying views of the historic quayside.

**8** Walk the Wensum Way and explore Gressenhall Farm and



**■ Ancient House Museum, Thetford.**

Workhouse (seasonal opening).

**9** Try geocaching on the Nar Valley Way at Castle Acre.

**10** Capture all the Munzees on the #NorwichMunzeeTrail.

**11** Try a boat trip on Britain's first solar-powered passenger boat Ra to see the stunning Broads wildlife at Whitlingham Broad on Wherryman's Way.

**12** See the beech tree avenue in autumn splendour in the grounds of National Trust's Felbrigg Hall on the Weavers' Way.

**13** Go otter spotting along the Wherryman's Way from Berney Arms to Reedham.

**14** On Paston Way, visit Sidestrand St Michael and All Angels Church – moved stone by stone and rebuilt further inland. Explore via the Cromer to

Southrepps Linear Walk.

**15** Take a trip on the steam launch at the Museum of the Broads (seasonal opening) in Stalham, when having a break from walking the Weavers' Way.

**16** Forage for sweet chestnuts in autumn on Marriott's Way between Drayton and Attlebridge.

**17** After a summer's walk on the Boudicca Way, enjoy a spot of al fresco lunch at one of Norfolk's many countryside pubs.

**18** Watch the sunrise over Hickling Broad and hear the dawn chorus when walking on the Weavers' Way Potter Heigham circular walk.

**19** See rare Romanesque wall paintings in St Mary's Church at Houghton on the Hill, just off the Peddars Way.

**20** Discover the history of Thetford at the Ancient House Museum before exploring the town and riverside walks.



### Walk this way

The easiest way to walk more is to make walking a habit. Think of ways to include walking into your daily routine. Examples include:

- Walk part of your journey to work.
- Walk to the shops.

- Use the stairs instead of the lift.
- Leave the car behind for short journeys.
- Walk the children to school.
- Do a regular walk with a friend.
- Go for a stroll with family or friends after dinner.

It's under-rated as a form of exercise, but walking is ideal for people of all ages and fitness levels who want to be more active.



■ Seasoned walker William Barr, pictured here in Pakistan on the border with Afghanistan.



Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier,

says the NHS. Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers.

The medics advise beginners to start slowly and try to build a walking regime gradually. To get the health benefits from walking, it needs to be moderate-intensity aerobic activity. In other words, it needs to be faster than a stroll.

Moderate-intensity aerobic activity means you're walking fast enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favourite song.

Try to walk 10,000 steps a day. Most of us walk between 3-4,000 steps a day anyway, and you can walk 1,000 steps in about 10 minutes. Pedometers are a fun way to keep track of your walking. Use one to work out your average daily steps and then start adding those extra steps. You'll see how you can benefit from walking 10,000 steps on five or more days a week.

Someone who has really stepped up to the plate to maintain his walking hobby is retired solicitor William Barr, a 2014 veteran of

# How William walked the walk... and then a few more

the Norfolk Trails Challenge - a 97-mile hike from King's Lynn to Great Yarmouth, which William completed in 28 hours.

Along the way, the former agricultural team leader at Mills & Reeve, raised £5,500 for west country farmers who had suffered in the winter's floods.

A member of the Long Distance Walkers' Association, he returned from Lancashire last month after walking 100 miles in 40 hours over hilly terrain up to 12,000 feet. "I started doing this when I found I was getting too old for sports like rowing and running marathons," William explains. "I wanted something that was do-able but challenging."

A favourite training walk for William - and his pet labradoodle

- is the 27-mile return trip from Lenwade to Aylsham on the Marriott's Way.

A technical writer during his long career in the law, William has now turned to novel writing and finds the walks help him to work out plot lines as well as constantly revealing new parts of his beloved Norfolk countryside.

"I've lived in Norfolk for a long time and love it," he says. "Walking - which can be sociable and pleasant or very demanding - gives me a chance to see bits of the countryside that are new to me, and just lets me think."

■ **The Carp Club, and Troyboys, by William Barr, are both published by Morrow & Co.**



# Enjoy the best of autumn countryside and coast – on foot

This year sees the first Norfolk Walking Festival, which takes place from Saturday, October 17 to Sunday, November 1.

The festival aims to showcase the wide-ranging walking opportunities in an under-explored part of Norfolk – the north-east of the county.

The beautiful and diverse coastline here is even easier to discover as Norfolk's first stretch of England Coast Path opened last year. Running between Weybourne and Sea Palling, it is known locally as an extension to the Norfolk Coast Path National Trail.

With locals and seasoned experts in their field imparting their knowledge along the way, new walkers can find out about the Deep History Coast and the recent globally significant archaeological findings in the area. Or what about the intriguing local folklore passed

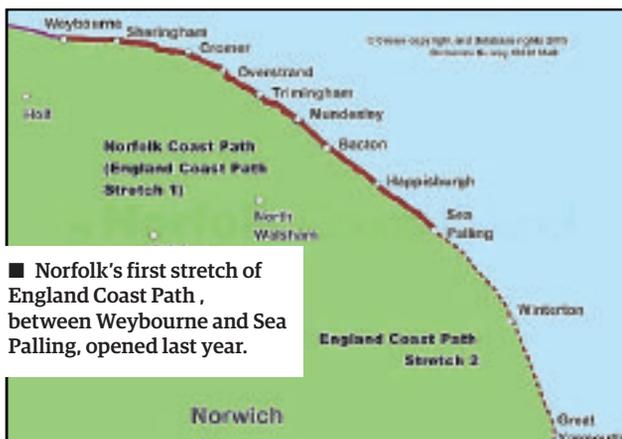
down through the generations?

There will also be opportunities to improve knowledge of birds and their migration routes, local flowers and wildlife and some local refreshments along the way.

There will also be walks specifically for families to enjoy during half term or at the weekends. Longer walks will be on offer for people looking to really stretch their legs, plus the ultimate challenge of walking or running a marathon on Halloween.

Walks will be selectable by distance, theme, location and difficulty, so you can choose the right walk. Booking is essential for each walk and there will be a small charge for each place, with walks and events available to book from July.

.....  
 ■ Visit [www.norfolk.gov.uk/Leisure\\_and\\_culture/Norfolk\\_Trails](http://www.norfolk.gov.uk/Leisure_and_culture/Norfolk_Trails)



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 ■ Norfolk's first stretch of England Coast Path, between Weybourne and Sea Palling, opened last year.



The Walk Norwich initiative aims to encourage people to make local journeys on foot, helping to make Norwich's streets safe, enjoyable and attractive places to be. This city-council led project, and a Healthy Norwich initiative, encompasses several different elements, specifically tailored for people who live and work in Norwich.

The main strands of the project comprise:

■ **A City Walking Champions** team will be crucial to the success of the Walk Norwich programme.

They will play an important role in providing the community connection, each receiving training to lead the council's City Health Walks and to help build a stronger pedestrian voice with the support of Living Streets campaigns. Champions will be recruited throughout the year. Email [dan.harris@livingstreets.org.uk](mailto:dan.harris@livingstreets.org.uk)

■ **City Health Walks** are mostly less than one mile long and will be supported by the City Walking Champions team. There will be two or three City Health Walks each week across the city on weekdays, evenings and weekends.

.....  
 ■ Visit [www.norwich.gov.uk/walknorwich](http://www.norwich.gov.uk/walknorwich).

## Norwich Munzee Trail

The Norwich Munzee Trail is a great way for all the family to explore the city.

Have fun answering quiz questions while hunting and capturing each Munzee - and discovering places you never knew existed. Better yet, it's absolutely free!

Munzee is an exciting 21st century scavenger hunt. Simply download the free app, scan the Munzee QR code stickers you find along the trail and score points. Just visit [www.norfolk.gov.uk/munzee](http://www.norfolk.gov.uk/munzee).



Lend a hand with the Active Norfolk Fit Together walk programme. These walks are led by volunteers on local routes all over Norfolk. The aim is to encourage people to walk at their own pace but possibly slightly faster than a normal stroll. They're all free and volunteers are given full training.

See [www.activenorfolk.org/fittogether](http://www.activenorfolk.org/fittogether)

# Run, walk or play - park fun is free



Summer's here – what better excuse do we need to go to the park? Explore your local open space or why not visit somewhere different this year?

>>





We're lucky in Norfolk to have so many public parks free to visit, and with everything from trim trails to cycle speedway tracks.

Many have sports facilities accessible for free, or for a small charge. Inspired by Andy Murray? There are tennis courts at parks across the county, lines painted and nets taut, ready for you to hire.

Besides being great for picnics, look out for wildlife such as the chiffchaff – it sits in the tops of bushes and has a distinctive 'chiff chaff' song.

There are plenty of children's play areas which are free to use too, and visiting a new to you park keeps that holiday feel alive.

Parks like Southtown Common (Gorleston) and Sloughbottom (Norwich) feature skate and BMX parks, and one is planned for Thetford too.

King's Lynn has a purpose-built skateboarding and BMX facility, at Lynnsport, which also has its own climbing wall ([www.aliveleisure.co.uk/alive-lynnsport](http://www.aliveleisure.co.uk/alive-lynnsport)).



#### ■ Enjoy tennis at a park near you

[www.aliveleisure.co.uk/alive-lynnsport](http://www.aliveleisure.co.uk/alive-lynnsport)). Nearby, The Walks ([www.thewalks.uk/](http://www.thewalks.uk/)) houses East Anglia's biggest parkour facility. Like that bit in Casino Royale, it's a real rush.

Not all teenagers may be up for a 9am run, but for early risers, Parkrun is a must. Topping off at 5k, they're free, you don't have to run and they're popular with over 1,000 runners across the county

– see page 12 for details.

If you're more of a spontaneous sort, take a frisbee or a football. Norfolk's parks are one place you're unlikely to find a 'keep off the grass' sign.

We've all made the classic January mistake of signing up to a six-month contract at the gym, then going, what, twice? And one of those times was to use the sauna. For a free workout, try one of the Outdoor Gyms.

You'll find apparatus such as arm presses, hand bikes, cross trainers and rowing machines, all free to use and most have diagrams so you know what to do.

#### Tennis courts

August 1 marks Great British Tennis Weekend, when clubs will be opening their courts for free. For information and a full list of **Norfolk's tennis venues, visit [www.lta.org](http://www.lta.org). Courts can be pre-booked at [www.norwichparkstennis.co.uk](http://www.norwichparkstennis.co.uk)**

Norwich's tennis courts include Heigham Park, Harford Park, Eaton Park and Waterloo Park.

■ Thetford area – visit Kings



■ Castle Park in Thetford (above) is great for walking, and has a good play area too; (right) looking forward to a planned BMX and skateboard park in Thetford.

House Gardens and Paynes Lane at nearby Feltwell.

- Brandon - Remembrance Playing Fields.
- Great Yarmouth, North Drive or Browston Green.
- Gorleston Clifftops.
- King's Lynn courts include the Memorial Fields and Cricket Ground.
- Oakfields Road, Cringleford.
- Hunstanton Recreation Ground.
- Downham Market - Memorial Playing Fields.
- Holt - Gresham's School.

**Children's Play Areas**

Norwich's Eaton Park is much loved with a large play area, huge open space, miniature train, boating lake, tennis, crazy golf and cycle speedway track, while among the many other city play areas, Waterloo Park includes a children's splash area.

In Great Yarmouth, Bell Lane Playing Field has a playground and plenty of space to run around and Beacon Park in nearby Gorleston has a range of play equipment. Also welcoming is Beaconsfield Road, where you can watch a cricket match too.



The Walks, King's Lynn has play spaces and the historic Red Mount Chapel to visit.

Castle Park, Thetford, features some of East Anglia's largest man-made earthworks.

**Outdoor Gyms in Norfolk include**

- Rural Community Centre, Necton
- Gaymers Meadow, Attleborough
- Mill Lane Rec Ground, Bradwell
- Swaffham Recreation Ground
- Bracon Ash Playing Fields
- Old Catton Recreation Ground
- Memorial Leisure Centre, Harleston

- Gold Park, Mundesley
- Marine Parade, Gorleston

And why not check out the cycle speedway at Hethersett Memorial Playing Field, the skate park at Marlpit Lane, Norwich and the activity trail at Eaton Green and Jubilee Park in Lakenham?

With tennis courts, crazy golf, boating lakes, paths and trails, it's easy to find something to enjoy in Norfolk's parks – plus plenty of benches for a moment's rest! Check the website of your local council for more information on parks and leisure facilities.

Need inspiration to go running? How about joining hundreds of others running purely for enjoyment and to better their own times at parkruns all over Norfolk? One inspiring local sportswoman tells us why.

# Let's make the most of our opportunities



My name is Chrissie Wellington and I'm best known for doing a little bit of professional ironman triathlon, which basically means I warmed up with a 2.4 mile swim and a 112-mile bike ride before the all-important task of running a marathon. Importantly, I am also proudly Norfolk-born and bred, spending my childhood in Feltwell.

I have the honour of being crowned four times Ironman world champion and the reigning world record holder. I retired from professional sport in 2012, but having previously worked in international development I'm passionate about maximising opportunities to increase physical activity for all. I work for parkrun as their head of participation.

Parkrun is a not-for-profit organisation which delivers two types of running events: 5k parkruns and 2k junior parkruns.

The 5k runs take place weekly at 9am (9.30am in Scotland and Northern Ireland) on a Saturday in areas of open space, such as parks, sports grounds and recreation fields. parkrun events are timed runs, not races. Each participant has a unique barcode (you register online before your first run) which is scanned along with a finish token given at the finish line, and finishers get sent their result via text or email later the same day.

At the time of writing, there are 330 5k events in the UK with approximately 75,000 weekly participants supported by approximately 6,000 volunteers.

The events are simple to

## 5K Parkruns

■ 5k parkruns in Norfolk are open to all and held at venues including: Blickling, Brundall, Catton, Fritton Lake, Gorleston, King's Lynn, Mulbarton, Norwich, Sheringham, Thetford. There is a junior 2k parkrun at Eaton Park, Norwich and one is due to start at Gorleston this summer.

## Get involved

■ parkrun events are run by volunteers. Get involved, marshalling, operating the timer, etc by visiting the volunteering pages at [www.parkrun.org.uk](http://www.parkrun.org.uk)

organise and are managed by a local volunteer team, which includes people of all ages – including children.

parkruns are open to everyone regardless of ability, age or background - and are ideal for people who have never tried running before.

They don't require any specialist equipment or even an ability to run, you can walk if you want to. And the best thing of all – they are completely free to take part in.

The junior parkruns are timed, 2k events specifically for four to 14 year-olds, most of them held weekly on a Sunday (children can join the 5k runs too). Incentive wristbands are awarded to junior parkrun participants: a blue wristband for a cumulative half marathon (11 junior parkruns), a



green "marathon" band for 42 cumulative kilometres and an orange "ultra" band for those who have clocked up 100k. Parents and guardians are welcome to accompany their children on the run, and encourage them all the way across the finish line.

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**■ The full list of 5k and 2k events: [www.parkrun.org.uk/events](http://www.parkrun.org.uk/events)**  
 .....

**■ We really hope to see you at a parkrun or junior parkrun event soon. There really is no better way to truly Get Into Summer than with a free run in the park with your friends!**



■ Four times Ironman World Champion and reigning world record holder, triathlete Chrissie Wellington says parkruns are open to everyone, regardless of ability, age or background.

### Starting running?

- Run slower than you think you need to
- Measure your progress
- Remember the first six weeks are the toughest, then runners typically start to notice improvements
- Keep your head up, look at the horizon
- Keep your shoulders and arms

relaxed with a 90 degree angle at the elbow

- Relax your hands, opening and closing as if you're picking apples helps
- Run lightly, try not to thump your feet when you land
- Aim for 180 short strides a minute
- If you cannot run and hold a

conversation, you are running too fast and you must slow down, even if it means reducing your speed to a walk.

.....  
 ■ **Tips from Paul Evans, former marathon and Olympic 10,000 metre runner from Lowestoft. Now athletics coach and project officer for Active Norfolk**

With a beautiful expanse of countryside and a vast array of sports and activities to choose from, there are plenty of opportunities to get active in Norfolk...

# Fast guide to getting active in Norfolk

## Climbing

The University of East Anglia's SportsPark is home to 'The Peak' – Norfolk's largest indoor climbing wall.

The wall has a variety of routes for all abilities and also has a bouldering cave for those who want to practice their overhang technique.

If you're new to climbing, why not try a taster sessions? Guided by an expert, small beginner groups run for 90 minutes and are suitable for both adults and juniors (aged eight or over).

£11.50 for members, £14.50 non-members.

■ Visit [www.sportspark.co.uk](http://www.sportspark.co.uk)

## Tae kwon-do

Martial arts are great for improving fitness, flexibility and confidence.

Tae Kwon-do is a Korean martial art which focuses on kicks and forms known as 'kata' (sets of movements).

It's fun to learn and encompasses a wide range of ages.

Based in Thetford, the Mark Farnham school has been going since 1997 and runs classes every Monday from 6.30pm to 8pm. Your first class is free, beginners are always welcome.

Breckland Leisure Centre, Croxton Road, Thetford.

■ Visit [www.markfarnhamtaekwondo.co.uk](http://www.markfarnhamtaekwondo.co.uk) or call 07771 644460.

## Tai chi

Gentle and precise, tai chi is perfect for those who are looking to open and concentrate their minds as well as exercise their bodies.

The Tai Chi and Qigong Centre in Great Yarmouth welcomes all ages and abilities. With 11 week beginners classes running throughout the year there's always an opportunity to join in, learn something new and make



■ Badminton - a fun, sociable sport (see page 16).

Pictures: [WWW.MAKESPORTFUN.COM](http://WWW.MAKESPORTFUN.COM)

friends.

The next beginners class starts on July 8 at 7pm at Cliff Park Junior School, Orde Avenue, Gorleston. Visit [www.taichi-qigong.net](http://www.taichi-qigong.net) or call 01493 789992 for more information.

## Sports activities for the blind

The Norfolk and Norwich Association for the Blind (NNAB) is one of Norfolk's oldest running charities and celebrates its 210th

anniversary this year.

With help from volunteers, the NNAB organises a variety of activities for the visually impaired throughout the year including off-road driving, tandem cycling, archery, bowling, darts and tennis.

The group has already organised horse riding and self-defence classes for the visually impaired this year and has more activities planned.



■ Tai chi - perfect for concentration and exercise.



■ Netball - Just turn up, be coached and play is the message (see page 16).

■ **Call 01603 629558 or visit [www.nnab.org.uk/sport](http://www.nnab.org.uk/sport)**  
**Bootcamp**

If you want to challenge yourself and get fit in new and innovative ways each week then bootcamp is for you. There are lots of bootcamps held across Norfolk, here are just a few to get you started:

■ **The Best Bootcamp** – The Pavillion, Cringleford, on the playing field, every Monday and Wednesday at 7pm – sign up online and get your first month half price. Call 07730 553737 or visit [www.thebestbootcampnorwich.com](http://www.thebestbootcampnorwich.com)

■ **Tower Fitness Bootcamp** – Morning, lunchtime and evening sessions, Monday to Friday, ideal if you work in the city – Norfolk Tower, Surrey Street, Norwich 0333 358 1111 or visit [www.towerbootcamp.co.uk](http://www.towerbootcamp.co.uk)

■ **Buggy Bootcamp** – for mums with children aged up to four, 10am to 11.30am every Monday and Thursday at Wymondham Martial Arts and Wellbeing Centre, call 07955 685605 or visit [buggybootcamp.wordpress.com](http://buggybootcamp.wordpress.com)

**Whitlingham Lake**

Whitlingham Lake, near Trowse, is not only perfect for walking

### Get involved

■ As little as 30 minutes of moderate intensity physical activity, five times a week can help manage and prevent many chronic conditions. In England, about a third of adults are insufficiently active. Research shows half the people in Norfolk do no moderate intensity activity in a week.

Exercise is shown to:

- Improve your health
- Lower your risk of heart disease
- Control your weight
- Boost your energy levels
- Reduce your stress levels
- Help you meet new friends

■ Visit [www.activenorfolk.org](http://www.activenorfolk.org)

round with the family but is also host to a whole range of activities to get you going for the summer.

More than just a lake, activities include climbing and archery as well as windsurfing, sailing and kayaking. The club also holds adventure weeks for children aged eight to 16 (see page 37).

■ Visit [whitlingham.oec.co.uk](http://whitlingham.oec.co.uk)

### Touch rugby

Unlike the more traditional game, touch rugby involves mixed teams and does not involve any tackling – instead you just touch your opponent's hand or shoulder.

The Norwich Rebels Touch Rugby Club formed in 2009 and comprises men and women of all ages.

It's much safer than full-contact rugby and everyone is welcome.

Training sessions at the Norwich Rebels Club are held on Thursday evenings at the Lakenham and Hewett Rugby Club and at Eaton Park (over the summer) on Tuesdays and Sundays and are £1 a session.

■ Visit [www.norwichrebels.com](http://www.norwichrebels.com) or email [contact@norwichrebels.com](mailto:contact@norwichrebels.com)

### Pump track - Thetford Forest

Cycle volunteer group TIMBER alongside The Forestry Commission has recently opened a bike track at Thetford Forest. The 'Pump Track' facility includes a closed loop of rolling features. Beginners start by cycling round to get to know the course and gradually build up speed as they get more confident.

The track is a great training facility for riders to improve their speed so they can put their skills into practice on the waymarked trails.

■ Visit [www.timbermtb.org](http://www.timbermtb.org)

### Netball

England Netball wants those aged 16+ to come 'Back to Netball.' Just turn up, be coached and play. It's for all abilities with sessions at Sheringham, Bressingham, Watton and Dereham.

■ Visit [www.englandnetball.co.uk](http://www.englandnetball.co.uk)

Discover street netball, a mixture of netball and basketball played by men and women.

■ Visit [www.goplaynetball.com/play-street-netball/](http://www.goplaynetball.com/play-street-netball/)

### Dance

With competitions coming up at the end of June, the dancers at LK's School of Dance are working hard.

Join in the fun and try out their dance or 'bounce fit' classes held weekdays at different venues in Diss, Eye, Long Stratton and Norwich.

■ Visit [www.lksschoolofdance.co.uk](http://www.lksschoolofdance.co.uk) or call 07835 021439.

### FreeG

Easton Gymnastics Club and Waveney Gymnastics are inviting young people to come try out FreeG – an innovative new sport which is a mixture of gymnastics, martial arts and stunt performances. Learn new tricks in classes that are safe, friendly and guided by professionals.

■ Visit [www.thegym4u.co.uk](http://www.thegym4u.co.uk) and [www.waveneygymnastics.org](http://www.waveneygymnastics.org)

### Rowing

The Broadland Boat Club, based at Girlings Lane, Thorpe St Andrew, is among those clubs inviting beginners and the experienced to join its weekly training sessions.

The club also hosts regular courses and events. Coming up over the summer is the Lea Rowing Camp and the Sculling School Improvers course.

■ Visit [www.broadlandboatclub.org](http://www.broadlandboatclub.org)

### Fun and Fit

Fun and Fit courses run throughout the year and are designed to help people increase their fitness levels.

Courses started on June 8 – look out for autumn courses starting in October.



■ Watersports - Norfolk's clubs welcome you.

■ **Swimming at the Riverside Leisure Centre** – 10 weeks of free swimming (between 10am and 11am) to help you gain strength and confidence.

■ **Beginners' Cycling, Dussindale Park** – improve your confidence, fitness and road safety awareness.

■ **Buggy workout, Dussindale Centre** – one hour workout for mums and dads.

Baby comes too so no need for childcare.

■ **Dance at The Garage** – a creative and sociable setting that's fun and will give you the opportunity to try out different dance styles.

■ **Yoga - Great Yarmouth Library** – strengthening, posture, flexibility and balance are all focused on under the guidance of an experienced instructor.

■ Visit [activenorfolk.org/funandfit](http://activenorfolk.org/funandfit)

### Sportivate

Sportivate is offering 14 to 25-year-olds the opportunity to enjoy taster sessions in a range of activities.

■ **Keep an eye on Sportivate's Facebook page for details about upcoming events throughout the year at [www.facebook.com/activenorfolk](http://www.facebook.com/activenorfolk)**

### Running

There are lots of races to join in with this year and what better than to get yourself race-ready than with a running club? Races coming up include:

■ **Lord Mayor's 5k City Centre Classic - July 4, [conac.org.uk](http://conac.org.uk)**

■ **Harling 10k - July 12, [www.ehssc.org.uk](http://www.ehssc.org.uk)**

■ **Dereham 5k - August 23 [www.derehamrunners.co.uk](http://www.derehamrunners.co.uk)**

### Squash

Squash is a fast-paced sport, which is great for fitness, and sociable too.

Why not book in a game at venues such as the Long Stratton Leisure Centre? There you can book a court between 7.15am and 10.15pm every weekday, 9am to 5pm on Saturdays and 9am to 1pm on Sunday.

Changing facilities are available. Call 01508 531444.

■ **Long Stratton Leisure Centre, Swan Lane, NR15 2UY.**

### Badminton

Badminton is a fun, sociable sport which can be played by a range of ages and fitness levels.

There are lots of centres across Norfolk, so there's every reason to get involved.

They include:

■ **Wensum Sports Centre, King Street, Norwich** 01603 568823, [www.wensumsports.com](http://www.wensumsports.com) £6 per hour, open 8am to 10pm Monday to Friday, 9am to 7pm on Saturdays and 10am to 4.30pm on Sundays.

■ **Norman Centre, Bignold Road, Norwich** 01603 408140 Open and friendly to all. It's £6.80 per hour and open from 9am to 10pm Monday to Friday, 10am to 2pm on Saturdays, closed on Sundays.



# Do YOU exercise?



**Vicki Spalding, 37, and daughter Evie, six, from Coltishall**

**Vicki:** "I do quite a bit, with various types of training. I run, I circuit train and I spin. I fit it in with a lot of family support. I do try and make the time. We've come to Parkrun as I wanted to undertake a little bit of normal exercise with the children. I have a nine year old too and he did the Catton Park (5km parkrun). Evie doesn't do a lot really, a bit of bike riding. That's why we wanted to do this. It's too easy to sit down in front of a screen. It's good to get out there and do something."

**We went to the Junior Parkrun at Eaton Park in Norwich to find out who is in a park on a Sunday morning. We asked the running families how much exercise they felt they did.**

**Sara Hawkins, 37, and son Sam, six, from Norwich**

**Sara:** "I don't do much. I can't find much time. I have two boys and I do walk quite a bit, and I do walk to work. Sam does football twice a week and sport at school and has swimming lessons and now Parkrun."



**Rachel Taylor, 39, with children Georgia, seven, and Gregory nine, from Brooke**

**Gregory:** "I do football and cricket, I play for Brooke.  
**Georgia:** "I do lots of dancing, at Central School of Dance."  
**Rachel:** "My husband and I are PE teachers. We go cycling as a family and we like to jog across the fields. I like the atmosphere of Junior Parkrun, to see so many young people excited about running and to want to do well, it's fantastic."



**Theresa McKee, 42, with Isla, six, from Coltishall**

**Theresa** "We do quite a bit, the girls do gym, swimming and running and do after school sports club. I do zumba and piloxing (a mixture of boxing and Pilates choreographed to music), and some spinning.  
"We want to live a long happy healthy life. It is definitely very important and I do feel quite fit."

■ **Junior Parkrun information at [www.parkrun.org.uk](http://www.parkrun.org.uk)**

## Also at the park, but not involved with Junior Parkrun, we spoke to:

**Annie Bridges, 60, Attleborough**

"I come to the park with the grandchildren. They like it. I do quite a bit of walking. I walk to the shops and that. I suppose I am busy every day but I don't think about exercise."

**Charles Bass, 73, Norwich**

"I did a lot of cricket and I was fit I think. Now I like a walk around the park. I try and get out every day, it's nice to see the seasons changing. I would not go to a gym but I do walk, it keeps you moving."

**Kay Skipton, 41, Isabella, seven and Robin, five, Norwich**

"We come to the park a lot, early before it's busy and we'll stay a few hours. There's lots to do. I sit and watch them play. They'll play on the playground and run about and we'll go and see if there are any boats on the water."

Physical activity guidelines for under 5s – including babies, toddlers and pre-schoolers. Physical activity should be encouraged from birth.

# Under 5s

## not walking



### Ideal activities



### Decrease

- The time sitting or restrained in car seats, bouncers etc, except when sleeping.
- The time in front of the TV/screens.

### Benefits

- Uses muscles and develops motor skills
- Enhances bone development
- Supports learning of social skills

## walking

### Decrease

- The time sitting or restrained in car seats, bouncers etc, except when sleeping.
- The time in front of the TV/screens.

### Exercise we need



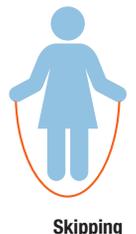
### 3 hours per day

Should be physically active daily for at least 180 minutes throughout the day.  
\*Current average is 120–150.

### Benefits

- Improves heart health
- Helps keep weight and bones healthy
- Boosts social skills
- Develops movement and coordination

### Ideal activities



Physical activity guidelines for children and young people. This group needs moderate to vigorous physical activity for at least one hour a day.



# 5-18 year olds

## Decrease

- The amount of time sitting about for extended periods of time.
- Time spent watching TV, using the computer or playing video games.

## Exercise we need



### 1-2 hours

Moderate to vigorous physical activity for at least 60 minutes and ideally several hours a day



### 3 days a week

Vigorous intensity activities, including muscle and bone strengthening activities

## Ideal activities

### Bone and muscle strengthening activities



Rope climbing



Hopping and skipping



Swinging on playground equipment



Gymnastics



Tennis

### Moderate activities



Bike riding



Playground games

### Vigorous intensity physical activities



Swimming



Football

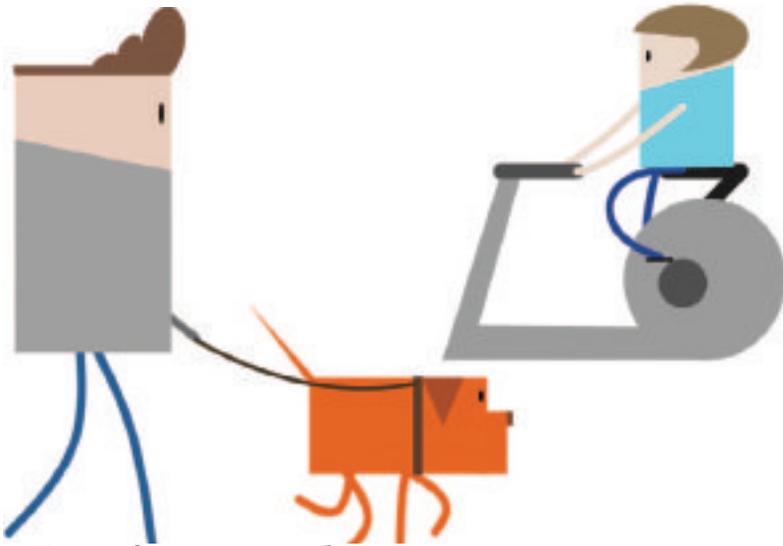
## Benefits

- Increases heart health
- Helps keep weight healthy
- Helps keep bones healthy
- Boosts social skills
- Develops movement
- Develops coordination



Physical activity guidelines for adults. Adults should aim to be active daily. Activity should add up to at least 150 minutes per week.

# 19-64 year olds



## Decrease

- Time spent sitting or lying for extended periods (excluding sleeping).
- Time spent watching TV.
- Time spent using the computer or playing video games.

## Increase

- Regular work breaks by walking around the office.
- Walking some of the way on journeys.

## Exercise we need



### 2.5 hrs per week

Aim to be active daily. **Moderate** intensity activity in bouts of + 10 minutes or 30 minutes activity on at least five days a week



### 75 mins per week

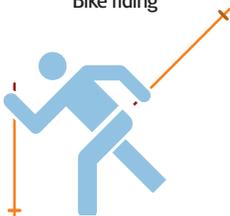
75 minutes of **vigorous** intensity or combined moderate and vigorous activity during the week

## Ideal activities

### Moderate activities



Bike riding



Brisk Walking

### Vigorous activities



Swimming



Football



Rugby

### Muscle strengthening activities



Exercising with weights



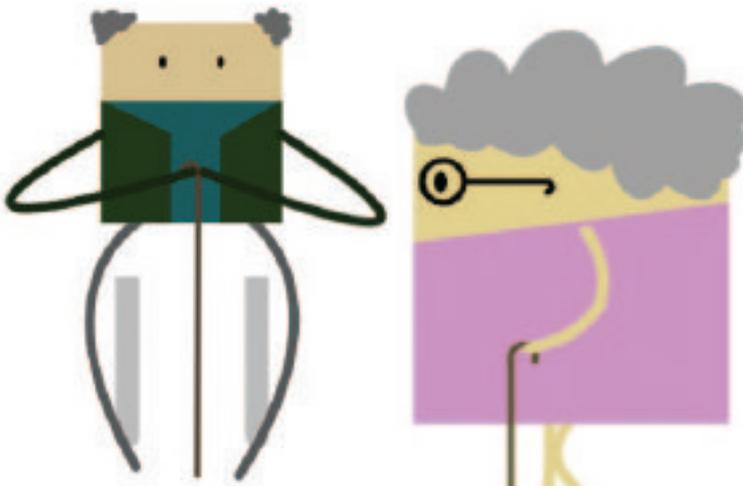
Carrying loads such as groceries

## Benefits

- Reduces diseases such as stroke, type 2 diabetes, coronary heart disease.
- Helps maintain a healthy weight.
- Improves self-esteem.
- Reduces symptoms of depression and anxiety.
- Helps keep adults fit enough for everyday life.

Physical activity guidelines for older adults. Some physical activity is better than none, and more physical activity provides greater health benefits.

# Over 65s



## Decrease

- Time spent being sedentary for extended periods of time.
- Time spent watching TV.
- Time spent using the computer.

## Increase

- Take regular walking breaks around the garden or local area.
- Swap a long bus or car journey for walking part of the way.

## Exercise we need



### 2.5 hrs per week

Aim to be active daily. Moderate intensity activity in bouts of + 10 minutes or 30 minutes activity on at least five days a week.



### Older adults

Older adults should undertake physical activity to improve muscle strength and to improve balance and coordination on at least two days a week.

## Ideal activities

### Moderate activities



Brisk walking



Ballroom dancing

### Vigorous activities



Climbing stairs



Running

### Muscle strengthening activities



Pushing wheelbarrows



Stepping & jumping such as chair aerobics

### Balance and coordination activities



Tai Chi



Yoga

## Benefits

- Keeps the mind working.
- Reduces risk of heart problems.
- Improves mood and self-esteem.
- Reduces the risk of falls, keep adults fit enough for daily life.

## Sitting down too much?

Regardless of how much time you spend at the gym, the more time you spend engaging in sedentary behaviour (eg, sitting) the greater your chance of numerous diseases and premature mortality.



If you're heading out and about this summer, why not pack yourself a tasty and healthy picnic? Here are some delicious ideas from The Joy of Food.

# Healthy fuel for active days and a balanced diet



When packing a lunch, for your children or for yourself, try to think of it as a balanced meal and include what you can of the following:

- A wholemeal roll or sandwich filled with a low-fat protein, such as lean chicken, and salad, or a homemade pasta salad that includes protein and vegetables
- Some vegetable sticks
- A piece of fruit, or some dried fruit
- Water rather than squash or fizzy drinks
- A low-fat fruit yoghurt
- A small piece of homemade flapjack, or homemade mini fruit muffin, if you need some extra energy

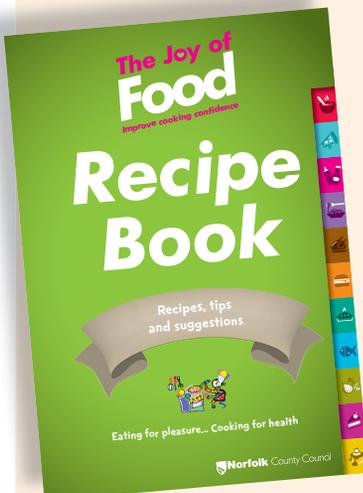
Here are some ideas for healthy and easy things to pack for your family when you are out and about in Norfolk this summer.

## Vegetable sticks and homemade dips

All sorts of vegetables can be cut in to sticks and taken on your picnic. Try using a variety of colours, as different colours signify different vitamins and nutrients present in the vegetables. Red peppers, yellow peppers, cucumber, carrots, baby corn and celery all work well. Raw broccoli florets, raw sugar-snap peas and sweet cherry tomatoes also make great dippers. You can also use breadsticks or wholemeal pitta breads cut into slices to give you a much needed carbohydrate boost after a morning packed full of activities.



## Reader competition – WIN a Joy of Food recipe book



These recipes have been provided by The Joy of Food, which offers free cookery courses around Norfolk, showing participants how to create tasty and nutritious meals all the family will love. Visit [www.joyoffood.norfolk.co.uk](http://www.joyoffood.norfolk.co.uk) to find out more.

Most of the recipes above are included in the Joy of Food Recipe Book - and we have three copies to give away.

**To be in with a chance of winning, just answer this simple question:**

**Q** Omega-3 fatty acids are thought to help keep our hearts healthy,

but where can we find a good source of them in our diets?

- a)** Fruit and vegetables
  - b)** Oily fish, such as tinned sardines
  - c)** Milk and cheese
- Check out the recipes in the article on the facing page for a clue.

**Send your answer together with your name and address to The Joy of Food competition, c/o Editorial Projects Unit, Archant, Prospect House, Rouen Road, Norwich, NR1 1RE. Entries must reach us by 5pm on September 7, 2015. Usual Archant competition rules apply.**

## Healthy and delicious

Here are some ideas for healthy and easy things to pack for your family when you are out and about in Norfolk this summer.

### THREE HEALTHY TASTY DIPS

#### Cream cheese and sardine pate

This is a really surprising winner with kids! It is a great way to get oily fish, which is a great source of healthy omega-3 fatty acids, into your family's diet.

1 tin of sardines in tomato sauce  
100g low-fat cream cheese

Mix the ingredients in a bowl until smooth.

#### Sweet chilli dip

Simply mix equal quantities of low-fat cream cheese and low-fat yoghurt in to a smooth paste. Add sweet chilli sauce to taste.



#### Hummus

Shop-bought hummus is often high in salt and fat, so it is well worth making your own

1 x 400g tin chickpeas  
2 tsp peanut butter (ideally with no added sugar or salt)  
2 tbsp oil (rapeseed oil is nice but olive oil is fine)

1 clove garlic (finely sliced or crushed)  
Juice of half a lemon  
1 tsp smoked paprika  
Salt and pepper

Whizz all the ingredients in a food processor, or with a stick blender, until smooth, adding a drop of water if it is too thick.

## Frittata

Eggs are a fantastic source of protein, and it's not just the vegetarians in your family who will love this frittata. This is rather like a quiche without the hassle of making pastry!

Simply cut it into wedges once cooled. It is quick to make and will keep for two days in the fridge.

Cuts into four generous wedges

#### Ingredients

1 tbsp olive oil  
½ red onion, finely sliced  
6 button or chestnut mushrooms sliced

½ pepper sliced (any colour)  
4 eggs  
50g feta cheese, cubed.  
1tbsp strong cheddar cheese or parmesan, grated  
Salt and pepper

#### Method

**1** Heat oil in a medium frying pan, soften the sliced onion for a few minutes then add the sliced pepper and mushrooms and cook for a further few minutes.  
**2** Meanwhile crack the eggs into a bowl and beat with a fork, adding a little salt and pepper.  
**3** Pour the eggs into the pan, and using a wooden spoon or a spatula,

gently release the egg from the side of the pan as it cooks, allowing the uncooked egg to flow into the gaps you create.

**4** Once the edges are cooked and the centre is still moist, scatter over the cubed feta and grated cheese.

**5** Place under a preheated grill until the cheese is melting and the egg is set. Please ensure that if your frying pan has a plastic handle it is not beneath the hot grill!

The addition of some left-over boiled potatoes at stage one will add body and carbohydrates to this frittata, making it a meal in itself.

## Courgette and sultana muffins

**Now for something sweet for pudding: you'll need an energy boost after all that exercise!**

#### Courgette and sultana muffins

Courgettes are seasonal, cheap and plentiful in the summer. This recipe is a brilliant way of getting one of your five-a-day, and the kids won't suspect what went into them! The courgette keeps the muffins lovely and moist. Makes 12 small or six large muffins

#### Ingredients:

150g caster sugar  
225g of self-raising flour  
½ tsp bicarbonate of soda  
½ tsp baking powder  
2 large eggs  
125ml of sunflower or rapeseed oil

60g of plump sultanas  
250g of grated raw courgette  
1 tsp lime zest, finely grated (optional)

#### Method

Pre-heat oven to 200C/fan 180C / Gas 6.  
You will need a cupcake or muffin tray, and paper liners. This recipe will make 6 of the larger muffins, or 12 cupcake sized cakes.

**1** Sieve together the flour, bicarbonate of soda and baking powder into a large bowl. Add the sugar and mix.  
**2** Whisk the eggs into the oil, and add this to the dry ingredients, stirring gently.  
**3** Add the courgettes, sultanas, and

lime zest, if using.

**4** Gently incorporate all the ingredients, taking care not to over stir.

**5** Divide into the paper cases, and cook for approx 20-30 minutes (depending on the size of your muffins), until golden brown and springy to the touch. These will keep in an air-tight container for four days, or freeze well.

Don't forget to pack plenty of water, and some fresh fruit. Take a tub of mixed summer berries and grapes. Or some delicious watermelon or pineapple cut in to bite-sized cubes? Oranges cut in to 'footballer' style wedges are also a sure-fire winner with kids and adults alike.

As well as being a quick and easy way of getting from A to B, cycling offers lots of health related benefits. It's something all the family can enjoy together, plus it's also a great way to stay fit and healthy.

To maintain a basic level of health, children and young people (aged 5-18) should try to do at least 60 minutes of physical activity every day and cycling is a fun way of helping to achieve this.\*

We've teamed up with Halfords, the UK's leading bike retailer, to give you the chance to win bikes and bike helmets for your family up to the value of £650. Whether you're a beginner, intermediate or enthusiast, Halfords has a huge range of bikes suitable for every taste, budget and style of riding.

Open seven days a week, your local Halfords store has everything you need to get cycling this summer - from helmets and locks to children's bike seats and accessories. To find your local store or to shop online visit [www.halfords.com](http://www.halfords.com)

To be in with a chance of winning simply fill in the entry form answering the competition question and send to: Bike competition, Communications Team, South Wing, County Hall, Martineau Lane, Norwich, Norfolk, NR1 2DH.

You can also enter online at [www.norfolk.gov.uk/getinto](http://www.norfolk.gov.uk/getinto)

\*Statistic taken from Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers (2011)

#### Terms and conditions

Entries to arrive no later than **Friday, August 28, 2015**. One entry per person. One winner will be drawn at random from all correct entries received. The winner can choose bikes and bike helmets for their family - the prize must be split with a minimum of at least

one adult and one children's bike, then any additional can be claimed up to the value of £650 (included in this must be helmets - for every bike redeemed, a suitable helmet must also be redeemed). Prize is as stated and is non-transferable. No cash alternative. No purchase necessary.

Competition open to UK residents only, excluding employees (and their immediate families) of Norfolk County Council (the 'promoter'), Archant, Halfords, their agents, third parties, or anyone professionally connected with the promotion.

The winner will be notified within 28 days of the closing date. The judge's decision is final and no correspondence will be entered into.

# Reader Competition.....

## WIN bikes for all the family up to the value of £650 **halfords**





# Competition entry form



Win bikes for all  
the family up to  
the value of £650

**halfords**

**How many minutes of physical activity should children and young people do every day?**

Answer:.....

To help us get a picture of levels of physical activity in the county, please answer the following questions. Please be assured that all the information you provide will be treated in the strictest confidence and not passed on to any third parties.

■ In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise, brisk walking, cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

**Number of days**

- |   |                          |   |                          |
|---|--------------------------|---|--------------------------|
| 0 | <input type="checkbox"/> | 4 | <input type="checkbox"/> |
| 1 | <input type="checkbox"/> | 5 | <input type="checkbox"/> |
| 2 | <input type="checkbox"/> | 6 | <input type="checkbox"/> |
| 3 | <input type="checkbox"/> | 7 | <input type="checkbox"/> |

Please briefly describe the activity you did eg running, cycling, gym workout, walking

.....  
.....

Age: Under 12  12-18  19-35  36-55  56-65   
Over 66

Where did you pick up your copy of Get into Summer?  
EDP  Norwich Advertiser  Great Yarmouth Advertiser  Thetford & Watton Times  Royal Norfolk Show  Children's Centre  Library   
Read it online

Other (please state).....  
.....

Forename:.....Surname:.....

Address:.....  
.....

Postcode:.....Daytime tel:.....

Email:.....

Norfolk County Council and Active Norfolk would like to contact you with news about our services. Please tick if you do not want to be contacted by post  by phone  or by email

Whether you beg, borrow or hire a bike or dust down your own trusty boneshaker, now's a great time to get into cycling.



■ The Tour of Britain passing close to Beccles the last time the event came to Norfolk, in 2012.



Fans of super cool, super fit and super fast cyclists will already have September 12 2015 circled in the diary.

That's the day the Tour of Britain arrives in Norfolk – and because these guys are so fast, it's the day they leave too.

But it's hoped the tour legacy will be to inspire cyclists of all abilities, and wannabe cyclists too, to get on their bikes.

We can not only cheer the pelotons along the way, we can actually ride the route of the Norfolk stage. It starts at Fakenham Racecourse, passes through Fakenham, Reepham, Aylsham and in to Norwich, through the city centre, on to Wymondham, Attleborough and to Thetford where it leaves the county to finish in Ipswich.

The week before, September 6, everyone can join the Norfolk and Norwich University Hospital charity annual bike ride. Cyclists have a choice of three circular routes (100 miles, 40 miles or 20 miles) all of which will cover the same roads as the tour stage as it leaves Norwich for Suffolk.

Riders will turn off the tour stage roads and complete their

# Join the pedal revolution

ride by returning to the event HQ at NNUH through south Norfolk and Breckland. Lycra and sporty sunglasses are not obligatory.

.....  
 ■ Visit [www.nnuhtoursportive.co.uk](http://www.nnuhtoursportive.co.uk)

.....  
 ■ A Breckland-based Tour of Britain themed 'Come and Try It' 10km event is open to everyone over 12. Set for August 14 at East Harling.

.....  
 ■ Cost is £3 + PayPal fee of £1 (on day £5). Contact [keith.lawton@cyclingtimetrials.org.uk](mailto:keith.lawton@cyclingtimetrials.org.uk), 01977 680790, 07740429419 or register at <https://evententry.ctt.org.uk/Account/Logon/101778>

.....  
 ■ Inspired by the last visit of the Tour of Britain to offer coaching and development to youth and adult riders, a new Norfolk

Cycling Academy programme has been launched for riders of all levels. Join the circuit at the Sprowston Park and Ride site just outside Norwich. It offers group riding and road racing every other Tuesday, 7-8.30pm.

The Norfolk Cycling Academy sessions are supported by VC Norwich, North Walsham Velo and Great Yarmouth Cycling Club volunteers.

.....  
 ■ Visit [www.pedalrevolution.co.uk](http://www.pedalrevolution.co.uk)

.....  
 ■ Expect plenty of cycle and other free outdoor fun at The Forum in Norwich, July 3-5, with the Open Air Screen. It's a free three-day programme of sport, action, films and opera, with Active Norfolk and Car Shop sports and competitions and health advice from Norfolk County Council Public Health.

That's the weekend of Lord Mayor's Celebrations, plus the GoGoDragons! trail all around the city and Dragons at The Forum continues all summer.

On July 4, watch live coverage of the Grand Depart of the Tour de France from Utrecht on the big screen. This epic race runs from July 4-26.

“ Within Norfolk we now have one of the hottest junior race teams in the country - and all of them have been to the Norfolk Cycling Academy at some point in their development

Pedal Revolution manager Kate Warner

Where to cycle

You may need to get up early to enjoy quiet cycling before the traffic starts in our towns and Norwich, but it's worth it to have the streets for just you and your bike.

**Longer routes**

Norfolk's cycle trails range from routes at Caister Castle and Holkham to Great Yarmouth and King's Lynn. Tackle a whole trail or choose just a section. They include:

**Blickling**

The Blickling Hall estate near Aylsham has purpose built trails and a circular trail extension uses nearby Marriott's Way and Aylsham. It's easy cycling over 10 miles.

■ [www.nationaltrust.org.uk/blickling-estate/](http://www.nationaltrust.org.uk/blickling-estate/)

**Marriott's Way**

The surface varies on this 26-mile off road trail between Norwich and Aylsham. It runs via Drayton, Lenwade, Cawston and Reepham.

**Peddars Way**

Most of this 46-mile route from Knettishall Heath, Suffolk to Holme is cycle friendly.

**Breck cycling**

Thetford Forest has a variety of family cycling off-road tracks, plus challenging off road routes for the gutsy too.

**Weavers' Way**

Cyclists are welcome on a couple of good stretches, from Aylsham to North Walsham and Bengate to Stalham.

**Broads by Bike**

This network has 14 circular rides ranging from 5.5-25 miles, with nine in the northern broads and five around the southern Broads.

■ [www.thebroadsbybike.org.uk](http://www.thebroadsbybike.org.uk)

**The Norfolk Coast Cycleway**

Pick up the King's Lynn to Great Yarmouth route anywhere along the stretch. It's along country roads, predominantly, and is not the Norfolk Coast Path, that's virtually all for walkers only.

■ [www.norfolkcoastaonb.org.uk](http://www.norfolkcoastaonb.org.uk)

**The Bure Valley Railway**

A footpath and cycle path runs alongside the nine miles of the Aylsham to Wroxham track.

■ [www.bvrw.co.uk](http://www.bvrw.co.uk)



There's a Norfolk Trails photo competition 2015 for photos taken along any of the trails, open for entries until 1 November 2015.

■ [www.norfolk.gov.uk/Leisure\\_and\\_culture/Norfolk\\_Trails/Families\\_and\\_activities/Photo\\_competition/index.htm](http://www.norfolk.gov.uk/Leisure_and_culture/Norfolk_Trails/Families_and_activities/Photo_competition/index.htm)

South Norfolk riders can download maps of the nine Bike It cycle routes, which include trails around Wymondham, Loddon, Long Stratton and Seething.

■ [www.south-norfolk.gov.uk](http://www.south-norfolk.gov.uk)

Cycle-friendly Great Yarmouth has more than twice the national average of commuter cyclists and cycling is allowed on Great Yarmouth and Gorleston proms during the summer months.

■ [Routes at www.great-yarmouth.gov.uk](http://Routes.at/www.great-yarmouth.gov.uk)

Improvements to Norwich's cycle network are under way as part of the ambition to double levels of cycling in Norwich by 2023. Get a copy of the current city cycle ways by emailing [info@norwich.gov.uk](mailto:info@norwich.gov.uk) or call 0344 980 3333. It includes £8.4m of funding to better connect cyclists from Norwich International Airport to Lakenham and from Sprowston through the city to Wymondham.

■ [www.norfolk.gov.uk/Leisure\\_and\\_culture/Norfolk\\_Trails](http://www.norfolk.gov.uk/Leisure_and_culture/Norfolk_Trails)

**Sky Ride Local**

Looking for someone of your level to cycle with? Join British Cycling trained specialists on rides from easy two-mile park rides to 20-mile-plus challenges. The

city council-led Sky Ride Local programme is free.

■ [www.goskyride.com/norwich](http://www.goskyride.com/norwich)

**Bike & Go**

Bike hire is available all over Norfolk and most have a range of bikes, plus tag-alongs, child seats and trailers for the little ones. Expect to pay about £14 a day, child's £6, some cycle hire teams will bring the bike to you

■ [Search 'cycle hire' at www.norfolkcoastaonb.org.uk](http://www.norfolkcoastaonb.org.uk)

Workers in south Norfolk are competing for the inaugural South Norfolk Council Novice Team Championship. Organised by South Norfolk Council, Lotus Cycle Racing League, Pedal Revolution and Active Norfolk's Fit4Work programme, the teams race once a week on the Lotus Cars test track at Hethel, near Wymondham. There are youth league races too.

■ [Look out for similar Fit4Work events at www.workplacechallenge.org.uk/activenorfolk/.](http://www.workplacechallenge.org.uk/activenorfolk/)

The Cycling Proficiency tests we took at school are now part of a wider scheme called Bikeability. This includes lessons for adults.

■ [If you have yet to learn to ride a bike, or are a nervous rider visit https://bikeability.org.uk](https://bikeability.org.uk)

It's against the law for cyclists to:

- Jump red lights, including lights at pedestrian crossings
- Cycle on pavements, unless it has been converted to a cycle track
- Cycle the wrong way up a one-way street, unless signed otherwise.

Get into ...  
exercise



You want to incorporate more activity into your life, but how do you get started? Personal trainer and former Norwich City fitness coach CHRIS ROBERTS shares some simple tips for getting motivated.



We live busy lives. As we juggle work, family and friends, sometimes it feels like there aren't

enough hours in the day as it is - so how is it possible to fit in more activity?

Personal trainer Chris Roberts has some ideas.

During his career he's helped motivate countless people to achieve their fitness goals - from those who haven't done any exercise since school PE lessons to professional sportsmen in his former role as a Norwich City fitness and conditioning coach.

Here he shares some of his tried and tested tips to help you on your way to a more active life.

#### Switch off

Modern technology is amazing. It can make life easier and we're more well-connected than ever before. But being glued to a screen checking social media on your phone or watching TV can stop us from connecting with the real world and real people and can eat up time.

It's time to get back in touch, says Chris. Create a "digital creche" and set aside time in your day when you ditch the devices.

**“You're the lock and training is going to be the key. When the key fits the lock good things can happen.”**

**Chris Roberts**  
Personal trainer

“Screens have an almost hypnotic effect on our behaviour. It shows that we still have a primitive brain, because when something flickers in the corner of your attention field you are drawn to it. Primitively that would have been a threat,” says Chris.

“For family time turn the TV and radio off, and pay attention to your food and chatting.”

#### Unlock your potential

Change the way you think about what being active means. Improving your level of fitness

# Meet Norfolk's Mr Motivator



■ Personal trainer and former Norwich City FC fitness coach Chris Roberts.

needn't just be about hitting the gym, pounding the pavements or playing competitive sports. We're all individuals with our own interests, likes and dislikes, which is why a one-size-fits-all approach won't work.

“You're the lock and training is going to be the key,” says Chris. “When the key fits the lock good things can happen. To do that the person has to look inwards and think about what drives them and what they're passionate about.

“Exercise doesn't have to be primary,” he continues. “If history ticks your box, think about how you align that with exercise. For example, you could go to Caister St Edmund and have a look round the fort and the exercise just happens to be part of it.”

#### In sync

Rather than trying to find time to fit exercise in to your life, could it sync in to what you already do? For example, would it be possible to walk or cycle to work instead of taking the car or bus? asks

Chris. If you're planning a family day out, is there something you could do which you will all find fun, but also incorporates exercise, such as a bike ride at a nature reserve or stately home?

#### Break it down

Set yourself small targets. If you set yourself a goal of running a marathon, it will require lots of commitment and a huge lifestyle change.

So break your activities down into bitesize pieces and celebrate the smaller achievements along the way - and it really doesn't matter how small they are.

Putting your shoes and coat on and going out for a 10-minute walk around the block is better than not having gone out for a walk at all, Chris says.

#### Up with the lark or night owl?

Are you a morning person or an evening person? Work that out and it will be easier to get active if you plan it for the times when you're more likely to stick to your good intentions.

“Research shows that if you're a morning person, you're likely to have poor impulse control in the evening [and vice versa],” says Chris.

If you're a morning person you might find that instead of going out for that walk you'd planned for after dinner the lure of the telly could prove irresistible. So why not swap it round and get your day off to a good start with a walk first thing instead?

#### Be aware

You might already be more active than you think. A pedometer app on your smartphone (or you can pick up simple ones which are quite cheap and clip to your belt) will tell you how many steps you're taking a day - and once you know, you've got the motivation to try and beat your previous number right there.

■ Chief Scout Bear Grylls and (below) Prince Edward with Scouts and Guides at last year's Royal Norfolk Show.



## Be prepared... for fun and adventure

Each week hundreds and thousands of youngsters across the country meet up to take part in fun activities and adventures, learn valuable life skills, make friends and make a difference in their local communities, as part of Scouts and Girlguiding.

Scouts has around 450,000 members and is open to boys and girls – Chief Scout is adventurer Bear Grylls – and Girlguiding remains girls only.

Youngsters can join the Scouts from the age of six, beginning with Beavers (ages six to eight), followed

by Cubs (eight to 10-and-a-half), Scouts (10-and-a-half to 14), Explorer Scouting (14-18) and Scout Network (18-25).

Girls can join Girlguiding from the age of five, beginning with Rainbows (ages five to seven) then Brownies (seven-10), Guides (10-14) and Senior Section (14-25).

It's not just for youngsters either – both organisations are charities and rely on adult volunteer leaders.

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**■ To find out more, visit [scouts.org.uk](http://scouts.org.uk) or [girlguiding.org.uk](http://girlguiding.org.uk)**



## 'I'm bored, Mum'

■ **Den building** – All you'll need are blankets and cushions and a few clothes pegs.

■ **Limbo contest** – It's summer, so let's act like it! Stick on Club Tropicana by Wham!, then get one of the kids to hold their arm out, and see who can bend under.

■ **Bushtucker trial** – Buy five fruits and vegetables you've never tried before. The children taste them, blindfolded, and see how many they can guess.

■ **Hide and seek** – Set 10 minutes on your alarm clock, hide it and see if they can find it before it goes off.

■ **Grow your own** – It's easy and if they've grown it themselves they are more likely to eat it. Cress is very quick, peas don't take long either.

■ **Garden skittles** – Find a ball, half-fill plastic bottles with water, mark out your starting point, and you're off. Strike!

■ **Dress up** – Let them loose in your wardrobe. Come up with a theme or maybe they'll want to pretend they're you?

■ **Put on a play** – A way to put those new dressing-up skills to good use. They can script it themselves, or re-tell Goldilocks and the three bears.

■ **Outdoor painting party** – get some old sheets for canvasses, and get decorating. Perhaps

With the summer holidays fast approaching, six weeks that need filling with fun and games can be daunting. Beat the boredom with these tips, says ALEX DALGLEISH.

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they'll make the scenery for that production of Goldilocks?

■ **Treasure hunt** – Hide little treats around the house, and see how long it takes to find them. A treasure map makes it more fun.

■ **Mini Olympics** – Make up your own races. Hopping, hula-hooping, ball in a bucket – it's as strenuous as you want!

■ **Day at the museum** – Norfolk's museums have many free or cheap entry events planned this summer. Visit [museums.norfolk.gov.uk](http://museums.norfolk.gov.uk)

■ **Go to the library** – Curl up with a good book (easy to find at Norfolk's libraries). Visit [norfolk.gov.uk/libraries](http://norfolk.gov.uk/libraries) for the nearest.

■ **Make beautiful music** – Make instruments from what's lying around, even if it's just elastic bands over yoghurt pots and wooden spoons and a saucepan drum.

■ **Living-room picnic** – Raining? A blanket on the floor makes for a great picnic area.

■ **Cardboard craft** – Ask your local shop for a box big enough

for the kids to sit in and they can make a castle, a car, a rocket etc.

■ **Postcards from the garden** – Kids can write to friends and family, telling them what they've been up to all summer – decorate the reverse with a self-portrait.

■ **Paper planes** – Set a target, or see who can fly furthest.

■ **Write a story** – Come up with a new fairytale, write it, and draw your own pictures. Then tie it up with string to create a proper book.

■ **Take them to the park** – And let them stay as long as they like. Take a ball or a frisbee and snacks and the day will disappear.

■ **Nature collage** – Get them to collect fallen leaves, feathers, twigs and set to with paper and pva glue.

■ **Paper bag brainstorm** – Get them to list the number of games to play using just a paper bag – the number will surprise everyone!

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■ **There are many more ideas and free smarttools to help all the family at [www.nhs.uk/change4life](http://www.nhs.uk/change4life)**

Many women across the UK are shying away from being active through fear of being judged on how they look. Being active however, is not – or at least shouldn't be – about appearance, says SUSIE KELLY.



The 'This Girl Can' campaign is all about women enjoying being active – no matter

how red their faces get or much their bodies jiggle.

Set up by Sport England, the "This Girl Can" campaign has been getting involved with groups across the country to help women of all shapes, sizes and abilities to find an activity they can fall in love with. Working with Sport England, as well as local authorities, Active Norfolk has been encouraging people to get more involved with their local sports teams and events.

As well as the Fit4Work, Sportivate and Fun and Fit sessions, Active Norfolk has a dedicated page on its website for "This Girl Can" with information on local clubs, courses and sporting events for women.

Activities include:

#### Norfolk Iceni - ladies' basketball

From age 14 and upwards

**Where:** Open Academy, Salhouse Road, Norwich

**When:** Sundays: 6.30pm-8pm

■ Contact Doreen McCormick doreen.mccormick@btinternet.com or visit [broadland-ladies.wix.com/saintsanddevils](http://broadland-ladies.wix.com/saintsanddevils)

#### Ladies-only swimming sessions

**Where:** Breckland Leisure Centre and Waterworld, Croxton Road, Thetford

**When:** Monday morning from 9.30-10.30am and Wednesday evening from 8-9pm

■ Call 01842 753110.

#### Aquafit

All ages and abilities from 16 years and above

**Where:** Sprowston High School Swimming Pool

**When:** Tuesday - 8pm-9pm

■ Contact Adrian 07720 670 655 or email [adrian\\_willis@hotmail.co.uk](mailto:adrian_willis@hotmail.co.uk)

#### Ladies-only netball

A social group for adult women who want to have a go or get back into the sport

**Where:** Cromer Sports Centre

■ Contact Cromer Sports Centre on 01263 515669 or email [cromersportscentre@north-norfolk.gov.uk](mailto:cromersportscentre@north-norfolk.gov.uk)

#### Lynnsport Ladybirds - women's running group

**Where:** Alive Lynnsport, King's Lynn

# Yes, the girls CAN do it...

## Rachel - marathon runner

Back in 2007 I decided I needed to get more active, and thought it might be fun to run a 10k. I hated it to start with, I couldn't run for more than a couple of minutes, I got stitches, I got sweaty and I looked silly (or at least that's what I thought). Despite my reluctance I stuck with it and gradually built up my confidence, and the number of minutes of running.

Now eight years on, I am training for my sixth full marathon (that's 26.2 miles for any non-runners!) - thinking back to 2007, it never even crossed my mind that I could run one. I can't imagine my life now without running, and even though sometimes I dread going out, it's too cold or too hot or I have a bad run - I always feel great afterwards!

My advice to anybody starting out in running, or any sport, is just stick with it. Try different things and see what you enjoy and what suits you - and remember - you can do it! #thisgirlcan



■ **Joining a running club is a great way of meeting like-minded people and finding friends to run with - making it a fun and social experience. Norwich has various running clubs, Rachel is a member of Norwich Road Runners. [www.norwichroadrunners.com](http://www.norwichroadrunners.com)**

**When:** Tuesdays 6.30 - 7.30pm

■ Contact Alive Sports Development on 01553 818015 / 818017.

#### Women's Fitness with Vanessa

All levels welcome

**Where:** Cadge Road Community Centre

■ Look out for updates on [www.activenorfolk.org](http://www.activenorfolk.org)

#### Cheerleading

Competitive and recreational cheerleading classes for five years to adult

**Where:** Gymnasium at Sprowston High School

**When:** Monday - 6pm-8.30pm and Wednesday - 6pm-9pm

■ Visit [www.eastcoastemeralds.webs.com](http://www.eastcoastemeralds.webs.com) or email [eastcoastemeralds@hotmail.co.uk](mailto:eastcoastemeralds@hotmail.co.uk)

#### Ladies' introduction to indoor hockey

Fun and safe environment to learn indoor hockey, no prior hockey experience required. Indoor hockey sticks provided.

**Where:** UEA Sportspark; £7.50 per session.

**When:** Monday nights

7.15pm-8.30pm.

■ [www.dltotalhockey.com/courses](http://www.dltotalhockey.com/courses)

#### Free evening of taster sessions

UEA Sportspark, Norwich, has a This Girl Can at Sportspark event on June 26, 6-10pm, with the chance for ladies to try activities from aquafit to climbing, badminton, swimming, squash, rounders, rush hockey, go-tri triathlon, zumba. Plus there's a Pilch Active Wear fashion show. All activities coached by women.

■ [www.activenorfolk.org](http://www.activenorfolk.org)



Busy young dad **DANNY BUCK** is determined to lose weight and get fit, and says working with a health trainer is definitely making a difference.



Danny knew he was overweight when he had a health MOT at work, but discovering that he was borderline

diabetic and had high blood pressure was another incentive to do something about it.

Danny, 23, from Hunstanton, works for Tesco and attended a Hearty Lives West Norfolk event, run by Norfolk County Council Public Health with the British Heart Foundation.

When his results set early alarm bells ringing, he was happy to be assigned to health trainer Sandy Thorpe, who helps him find ways to improve his diet, lose weight, increase activity, reduce smoking and cut his blood pressure.

Danny, who is married with a daughter aged six and a three year old son, works two jobs, six day shifts a week plus four night shifts. On four nights a week he has just four hours sleep between shifts. His wife works too, so life is busy, he says.

That meant reaching for snacks and sugary drinks was the easy option to keep his energy up, he says, and while he rapidly lost three stone for his wedding last

# ‘I don’t want to be the fat dad’

## Health trainer service

The Health trainer service is free all over Norfolk.

Find your nearest Health Trainer Service at [www.norfolklivingwell.org.uk/i-want-to-be-healthier/my-weight/health-trainers](http://www.norfolklivingwell.org.uk/i-want-to-be-healthier/my-weight/health-trainers) or call Mytime Active on 01603 638064

Free NHS Health Checks are available to all men and women in Norfolk over the age of 40 - as part of a national programme of checks (blood pressure, weight, cholesterol levels) to spot the early signs of preventable ill health which can lead to stroke, diabetes.

■ See [www.mynhshealthcheck.com](http://www.mynhshealthcheck.com)

autumn, it all went back on again.

“I have always been active but I am very overweight. I want to live a healthy lifestyle before I get old and it gets harder. I am 23, I don’t want diabetes or a stroke and I can do something about it,” he says.

A swimmer and keen athlete when he was younger, he knows he can be fit again.

Helped by health trainer Sandy, he’s identified several areas of change, including cutting back on his eight bottles of Lucozade a day and snack diet. Now he prepares meals ahead of time, eating lots of fruit, vegetables and lean protein such as chicken.

“Lucozade is the only drink I liked, it’s a habit,” he says, but he’s cut it back to one a day, and cut back his smoking to one cigarette a day too.

He’s fitting in more exercise too, such as walking the dog for longer and playing football with the children.

“They’re very active, I don’t want them to have the fat dad at school,” he says, happy to have lost 1½ stone and set a target weight of 15 stone. “I’m doing it slowly so I have a healthy lifestyle I can maintain,” he says, adding that his wife is very supportive.

He recommends the health trainer programme: “Sandy is really good. We talk about everything, how I am doing and what I can do. I have a long way to go. It’s coming off and staying off and that’s what I want. The motivation is there and I am going to keep going.”

**“I want to live a healthy lifestyle before I get old and it gets harder.”**





■ Danny doesn't like tea and is swapping his energy drinks for water and green tea.

### Making changes

Sandy Thorpe knows fitting exercise into an already busy life is difficult.

Small changes she suggests:

- Using the upstairs toilet if you have one
- Doing your usual activities - such as car washing, gardening, housework - quicker and/or for longer
- Taking the long way round rather than short cuts when walking

### Making the difference

Health trainer Sandy Thorpe says Danny's incredible motivation makes a huge difference, but she also helps those who cannot imagine how they would manage a healthier lifestyle.

"Some men believe they are invincible and don't think they are going to get heart disease," she

says, adding that it may be a few months after a health check that they feel ready to introduce changes.

And she points out that a health trainer can make all the difference.

"If it comes from a family member they think they are nagging, but coming from a health

professional people do find it easier to listen," she says.

Her work involves non-judgmental help to nudge people towards small changes that will make a big difference.

"It might be a walk before tea and swapping one of those sugary drinks for water," she says.

# ReaderQuiz.....

**Do you know how much exercise you should get each week? Do you know how many of us don't get anywhere near that? A new online video aims to help – and change your life in less than five minutes.**

We're supposed to be getting 150 minutes physical activity per week and with the average person in the UK racking up 17 years of their lifetime on the sofa – seven years of which are spent watching television – setting aside 150 minutes a week doesn't sound so bad.

That's only just over 20 minutes of movement a day, but a lot of us don't even manage that.

A short animated film demonstrating the health risks of physical inactivity and the benefits of achieving the 150 minutes a week recommended by the Chief Medical Officers has been created by leading Norfolk health and physical activity organisations.

"150 Minutes", from Active Norfolk and Norfolk County Council Public Health gives a fun and engaging look to hard hitting statistics about the health risks associated with physical inactivity. Spot the Norfolk locations too as the film heads around the county. Watch it on [www.activenorfolk.org/150mins](http://www.activenorfolk.org/150mins)



■ We spend 17 years of our life, on average, on the sofa.

With physical inactivity costing the NHS almost £1 billion a year nationally, and £15 million in Norfolk alone, "150 Minutes" points out that exercising just 150 minutes a week has many health benefits.

They include:

- Reducing risk of Alzheimer's by up to 30pc
- Reducing risk of heart disease by a third
- Decreasing risk of stroke by 31pc
- Reducing risk of breast cancer by up to 40pc

Currently 27pc of Norfolk residents do less than 30 minutes of physical activity a week – that's a fifth of the recommended amount. Physical inactivity is one of the biggest causes of illness and death across the country, more than illnesses arising from poor diet, cigarettes, alcohol, drugs and stress combined.

The animation helps viewers break down their day between work, sleeping, and downtime with the aim of encouraging everyone to get their 150 weekly active minutes.

# Watch and WIN!

**Watch the video at [www.activenorfolk.org/150mins](http://www.activenorfolk.org/150mins)**

and answer the questions below to be in with a chance of winning a Fitbit. Active Norfolk have given us two of these great gadgets to give away. A Fitbit is a watch-sized bracelet which tracks every part of your day – including activity, exercise, food, weight and sleep – to help you stay motivated and see how small steps make a big impact.

It syncs that information to your computer (and some smartphones) so you can see what you're doing each day. It encourages you to turn everyday life into a social, achievable path to fitness.

Just watch the video, answer the quiz and send your answers to us. Two winners will be drawn from the correctly answered entries on **September 30, 2015** each will win one Fitbit.

**1) In hours, how long is 150 minutes?**

- A - 1.5 hours
- B - 2 hours
- C - 2.5 hours

**2) Lack of physical activity is a bigger killer than**

- A - alcohol & poor diet
- B - cigarettes
- C - drugs & stress
- D - all of the above, combined

**3) Being physically active can reduce the risk of heart disease by how much?**

- A - 1/4
- B - 1/3
- C - 1/2

**4) Being physically active can aid in reducing Alzheimer's disease by how much?**

- A - Up to 15%
- B - Up to 25%
- C - Up to 30%
- D - Up to 35%

# '150



# minutes'

**5) What does moderate intensity exercise mean?**

- A - Cause you to get warmer, heart to beat faster, but still able to hold a conversation
- B - Cause you to sweat and be unable to hold a conversation
- C - Cause you to faint

**6) According to the video, approximately how many hours a week do we have free between work and sleeping?**

- A - 67 hours
- B - 72 hours
- C - 76 hours

**7) How much time should young people aged 5-18 spend on physical activity each day?**

- A - 30 minutes
- B - 60 minutes
- C - 100 minutes
- D - 150 minutes

**8) Adults over 65 should engage in physical activities that improve:**



- A - Muscle strength
- B - Coordination
- C - Balance
- D - All of the above

**9) Across the UK, what percentage of the population are meeting the recommended 150 minutes?**

- A - 46%
- B - 56%
- C - 66%

**10) Across the UK, how much time does the average person spend sitting on the sofa?**

- A - 12 years
- B - 15 years
- C - 17 years
- D - 20 years

**11) How much money does lack of physical activity cost the NHS in Norfolk annually?**

- A - £15 million
- B - £16 million
- C - £18 million

**12) If you aren't overweight, do you still need to get 150 minutes physical activity per week?**

- A - Yes
- B - No
- C - Depends on other health factors

## Entry form

Name..... Age.....

Address.....

.....

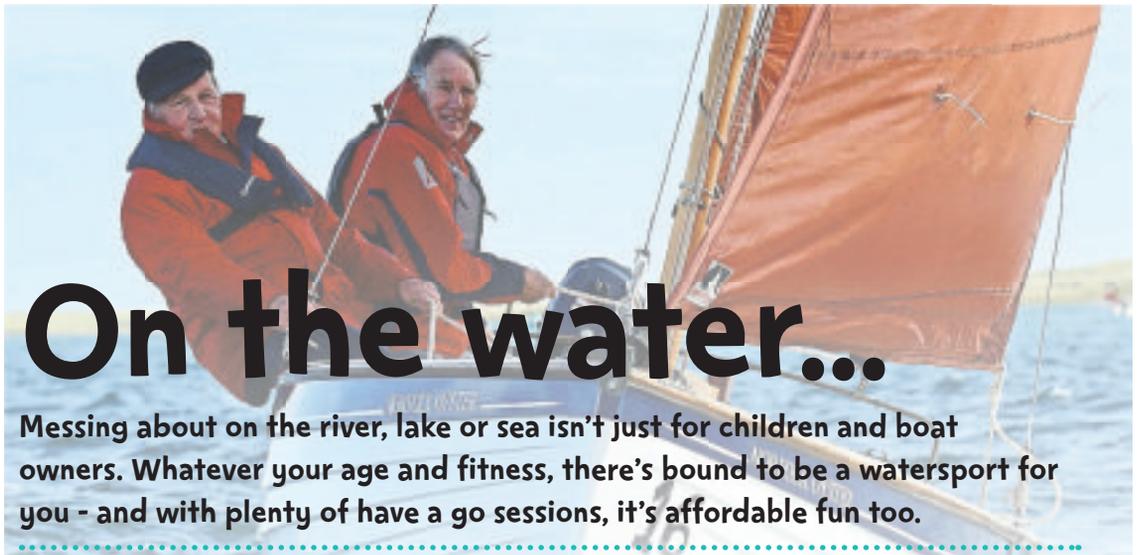
Daytime tel.....

Email.....

Answers..... 1..... 2..... 3..... 4..... 5..... 6..... 7..... 8..... 9..... 10.....

11..... 12.....

Norfolk County Council and Active Norfolk would like to contact you with news about our services. Please tick if you do not want to be contacted by post  by phone  or by email . Usual Archant rules apply. Send to Get Into Summer 150 Minutes Competition, Editorial Projects Unit, Prospect House, Rouen Road, Norwich, NR1 1RE by **September 30, 2015.**



# On the water...

Messing about on the river, lake or sea isn't just for children and boat owners. Whatever your age and fitness, there's bound to be a watersport for you - and with plenty of have a go sessions, it's affordable fun too.

## Rowing

There are several rowing clubs in Norfolk and most offer free or low cost opportunities to get into the sport. They include:

### Norwich Rowing Club

Two-three hour tasters with an instructor for adults costs £10 on a weekend afternoon at its Whitlingham Lakes base.

There are learn to row courses too for those interested. There's racing for all ages and all levels.

"I wasn't very good at doing any other sport," says chairman Nick Francis, explaining how he got into rowing 35 years ago.

"It's a zero impact sport as you are doing it sitting down. We have a lot of people who played football or rugby for 20 years and have knee, hip and ankle problems. "Rowing is sitting down getting fit in the outdoors on a beautiful stretch of river," he adds.

Volunteers to cox are most welcome. They need to be confident - and noisy!

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 ■ See [www.norwichrowingclub.co.uk](http://www.norwichrowingclub.co.uk)

Also: Coastal rowing in St Ayles skiffs to anyone over 16 with three free trials with the Coastal Rowing Association Blakeney. Rowing from Blakeney in the summer and the Broads in the winter.

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 ■ **Coastal Rowing Association Blakeney.** [www.crablakeney.wordpress.com](http://www.crablakeney.wordpress.com)

## Waterski

Norfolk's Bluebird Deaf Water Ski and Wakeboard Club is a small club, whose main objective is to encourage people from all walks of life to enjoy water skiing and wakeboarding, particularly members of the deaf community and the young. It's open to guests

every Saturday from 12pm (no need to pre-book) to try water skiing and wakeboarding - it will cost £10/junior and £15/adult.

### ■ Visit [www.bdWSC.org](http://www.bdWSC.org)

More clubs at:

### ■ Wells & District Water Ski Club

[www.wellsskiclub.com](http://www.wellsskiclub.com)

### ■ Eastern Rivers Ski Club

[www.erWSC.co.uk](http://www.erWSC.co.uk)

### ■ Premier Water Ski School,

Pentney Lakes, King's Lynn

[www.facebook.com/](http://www.facebook.com/PremierWaterSkiSchool)

### ■ PremierWaterSkiSchool

### ■ Heacham Boat Owners

Association

[www.hboa.btck.co.uk](http://www.hboa.btck.co.uk)

### ■ Norwich Water Ski Club,

Costessey Lakes, [www.norwichwaterskiclub.co.uk](http://www.norwichwaterskiclub.co.uk)

### ■ Hunstanton Ski Club,

[www.hunstantonskiclub.co.uk](http://www.hunstantonskiclub.co.uk)

## Sailing

There are dozens of chances to try sailing at the multitude of sailing clubs and schools around Norfolk with open evenings and days open to all ages. Contact your local club, join one of the following, or visit [www.ryaeast.org](http://www.ryaeast.org) for local clubs and events.

### Norfolk Broads Yacht Club

Free "come and try" sailing evening on July 17 at Norfolk Broads Yacht Club, The Avenue, Wroxham, NR12 8TS, 6.30pm. Contact Claire Lund on 01603 782808 or email [clairelund@nbyc.co.uk](mailto:clairelund@nbyc.co.uk)

.....  
 ■ [www.nbyc.co.uk](http://www.nbyc.co.uk)

### Nancy Oldfield Trust

Welcomes all ages, £10 per person for half a day, with a Bursary Fund available for those on low incomes. Learn to sail or relax and watch.

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 ■ [www.nancyoldfield.org.uk](http://www.nancyoldfield.org.uk)

Regatta Weeks are a great opportunity to spectate and find out more.

They include:

■ Wroxham Open Regatta Week July 26-August 2.

■ Hickling Broad Sailing Club Summer Evening Open Regatta - July 29-31.

■ North West Norfolk Week - August 1-8.

■ Beccles Open Regatta (BASC)- August 3-5.

■ Horning Week (HSC) - August 3-7.

■ Hickling Broad Village Open Regatta - August 8-9.

■ Oulton Week (WOBYC) - August 23-28.

■ Barton Broad Open Regatta - August 31.

## Canoeing and kayaking

Norfolk canoe clubs run beginner sessions over the summer, and welcome experienced paddlers too. Get in touch and ask about taster sessions and open days. Welcoming clubs include:

■ **Norwich Canoe Club** [www.norwichcanoeclub.co.uk](http://www.norwichcanoeclub.co.uk)

■ **Broadland Paddlesport** [www.broadland-paddlesport.co.uk](http://www.broadland-paddlesport.co.uk)

■ **Norwich Eagle Canoe Club** [www.eaglecanoeclub.org.uk](http://www.eaglecanoeclub.org.uk)

■ **Waveney Valley Canoe Club** [www.waveneyvalleycanoeclub.org.uk](http://www.waveneyvalleycanoeclub.org.uk)

■ **Dereham Canoe Group** [www.derehamcanoeing.co.uk](http://www.derehamcanoeing.co.uk)

■ **Wensum Ospreys Canoe Club (Fakenham)** [www.wocc.org.uk](http://www.wocc.org.uk)

## Whitlingham Outdoor Education

Centre just outside Norwich also has masses of watersport courses and taster sessions.

Pop along and find out more - there's bound to be one for you.

.....  
 ■ [www.facebook.com/WhitlinghamOutdoorEducationCentre](http://www.facebook.com/WhitlinghamOutdoorEducationCentre)



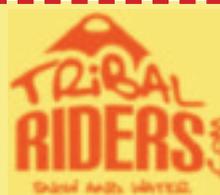
## 2 for 1 roller skating or adventure play at Funkys

Funkys on Spar Road in Norwich is Norfolk's premier indoor activity and birthday party centre. With a purpose-built maple wood roller skating rink and amazing adventure play area, where better to spend a whole day out with activities to suit all ages?

■ For more information including opening times visit [www.skateandplay.co.uk](http://www.skateandplay.co.uk) or call 01603 403220.

This voucher entitles the bearer to 2 for 1 on either roller skating or 241 entry to the adventure play area, paying for the greater value ticket. Offer excludes skate hire and cannot be used in conjunction with any other offer. Play area rules of entry will apply. No photocopies accepted. Offer valid until October 31, 2015.

## 10% off...



## ...all men and women's swimwear at Tribal Riders

Tribal Riders is a core independent rider-owned and rider-staffed watersports, surf/skate clothing and snowboard store based in Norwich city centre. We pride ourselves on our customer service and product ranges, and are proud so say we have one of the best selection of men and women's swimwear around from the industries finest. With brands such as Quiksilver, Roxy, Rip Curl, Vans, Globe, Analog, Burton, Protest and many more you're sure to find exactly what you're looking for whatever the weather.

■ Visit us online at [www.tribalriders.com](http://www.tribalriders.com) or in-store at 17 Westlegate, Norwich (between John Lewis and M&S)

This voucher entitles the bearer to 10% off our swimwear range (teens upwards). Offer valid on non-sale items only. Not to be used in conjunction with any other offer. No photocopies accepted. Offer can only be redeemed in-store. Offer valid until October 31, 2015.

## 10% off craft hire at Whitlingham Outdoor Education Centre

Whitlingham Outdoor Education Centre in Trowse offers outdoor and adventurous activities for anyone aged eight and over. We offer a range of courses tailored to different groups and ability levels. You can also hire a range of craft including kayaks and canoes on

selected weekends. Craft are available every hour and half hour with first launch at 11am and final launch at 4pm (additional launches in school holidays).

■ Check the website for details at [www.whitlinghamoec.co.uk](http://www.whitlinghamoec.co.uk) or call 01603 632307.



This voucher entitles the bearer to 10pc off a craft hire session. If booking by telephone, please quote 'Get Into Summer 2015'. Not to be used in conjunction with any other offer. No photocopies accepted. Offer ends October 31, 2015.



**norfolk's**  
living well



## Local services for a healthier, happier you.

If you're ready to make positive changes to your lifestyle, there are venues all over Norfolk ready to support you.

- Kick the habit with **stop smoking** services
- Learn to **cook** easy, cheap, nutritious meals
- Get **up and about** for an active lifestyle
- Help **your child** to get a healthy start in life
- Plus many other healthy lifestyle services!

### To find out more visit

 [www.norfolklivingwell.org.uk](http://www.norfolklivingwell.org.uk)  
or call  **0344 800 8029\***

 [facebook.com/NorfolksLivingWell](https://www.facebook.com/NorfolksLivingWell)

 [@NflksLivingWell](https://twitter.com/NflksLivingWell)

**Norfolk's Living  
Well is provided by  
Norfolk County Council  
Public Health.**



\*Calls to 03 numbers should cost no more than the geographic 01 or 02 calls, and may be part of inclusive minutes subject to your provider and your call package. We're open from 9am to 5pm, Monday to Friday.

Getting out into the fresh air and enjoying the countryside is great for your health and wellbeing. And a new scheme being piloted at a Norfolk beauty spot aims to encourage people to get active and explore what's out there.

# On safari in the Broads



A haven for wildlife, RSPB Strumpshaw Fen is home to a wide range of species including the swallowtail butterfly,

Norfolk hawk dragonfly, lapwings, redshanks, marsh harriers and bitterns.

And a new scheme is aiming to connect people with nature and encourage gentle exercise to improve their health and wellbeing.

RSPB Strumpshaw Fen (between Norwich and Acle) has been chosen as one of two pilot sites for Sport England's Active in Nature scheme (the other is in London), and the first events are being held this summer.

Cycle safaris will take place at the reserve on Sunday July 26 at 10.30am, Wednesday July 29 at 6.15pm, Sunday August 2 at



■ A lapwing. Will you spot one at RSPB Strumpshaw Fen (top)?

10.30am, Wednesday August 5 at 6.15pm, Sunday August 9 at 10.30am and Wednesday August 12 at 6.15pm.

The rides, guided by a qualified leader, will be between three and 10 miles long at a beginner-friendly pace along quiet roads,

with stops to enjoy the wildlife and landscape.

Booking is essential – call 01603 715191 to reserve a place.

There are also plans to set up guided canoe trails, with the potential to expand into walking and possibly running too.

It is hoped those taking part will also be inspired to help the RSPB by becoming a member or volunteer.

This summer Strumpshaw Fen is encouraging local families to swap their gadgets for the great outdoors and take part in the Strumpshaw Wild Challenge.

Starting at the end of July and running throughout the holidays there are six challenges to complete.

Pick up a challenge card from the Reception Hide and get it stamped every time an activity is completed. Those getting all six stamps win a wild prize.

## More fun at the Fen

Here are some of the other fun outdoor activities taking place at Strumpshaw Fen this summer. See [www.rspb.org.uk](http://www.rspb.org.uk) for more.

### Big Bug Hunt family day July 12, 1-4pm.

Explore the woodland, meadow and pond to discover what amazing minibeasts are hiding at Strumpshaw Fen, take part in the bug-tastic trail and make your own bug mansion to take home. No booking required. Normal entry charge to reserve applies and all children must be accompanied by an adult.

### Jump Into Summer - July 22 to September 2, daily, 10am-5pm.

Take part in the self-guided family trail, explore the beautiful reserve, buzzing with butterflies and dragonflies, spend a lazy day in the sunshine and complete the challenge sheet for a small prize. Normal reserve prices apply.

### Wild Friday - July 31 and August 7, 14 and 21, 10.30am-2pm.

Friday fun includes bug hunting, pond dipping, shelter building, wild art and games. Why not bring a picnic? Normal reserve prices apply, plus £1 per child.

### Wildlife spotting

Pick up a spotting sheet to tick off the wildlife you see. It changes every month to give you a fresh challenge.

### Pond dipping

Borrow all the equipment you need and discover what's living in the pond. Charge £2.

### Go exploring

Borrow one of the special rucksacks packed with equipment to help you explore the reserve - don't forget to report back and tell the reserve staff what you've found. Charge £3.

Looking for something different to do together as a family during the summer holidays? Why not take advantage of some free Fun & Fit Family courses brought to you by Active Norfolk!

# FREE Fun & Fit Family courses during the summer holidays!

“The course leader has been excellent and kept us motivated, making sport fun

G Richardson



We know it can be hard to find time for exercise when you've got a family. As a special promotion for Get Into Summer,

Active Norfolk are introducing Fun & Fit Family, a programme of six-week courses organised during the school holidays to give parents and kids a fun chance to try a new physical activity together. All for free!

So why not grab the kids and head to one of our free family activity sessions like Power Kiting, Family Dance, or Badminton? See the full listing of courses available opposite. Courses start from July 20 and run for six weeks throughout the school holidays.

Being active can be a great way to feel good, reduce your stress levels, and socialise. It can help you to maintain your overall health and contribute to wellbeing, but most importantly it can also be a lot of fun!

“Nobody takes it too seriously. It is literally 'Fun and Fit' - good exercise without feeling inadequate

V Burn



■ Fun & Fit family: Get into cycling.

Fun & Fit Family is a great way to have some fun together whilst improving your health and wellbeing.

Active Norfolk has received a grant to support the people of Norfolk to get more active, so that we could offer FREE beginner's courses for families who do little or no exercise.

All of the courses are designed to ensure that you get a positive experience from taking part, and our qualified instructors will ensure that you have a great time.

#### How to get involved

If you would like to book one of the Fun & Fit Family courses, register at [www.funandfitnorfolk.co.uk](http://www.funandfitnorfolk.co.uk). Once you register you will be able to book any course of your choice completely free of charge! Please note that places are limited and families can only attend one of the available courses. Children must be accompanied by a participating adult.



■ Fun & Fit family football.

Picture: ACTIVE NORFOLK

**Fun and Fit Family – six-week courses include:**

**Family Dance**

From 23.07.2015  
Thursdays 2pm-3pm  
The Garage (Studio 1), Norwich

**Family Dance**

From 23.07.2015  
Thursdays 6pm-7pm  
The Garage (Studio 1), Norwich

**Family Swim**

From 22.07.2015  
Wednesdays 10am-11am  
Riverside Leisure Centre, Norwich

**Family Swim**

From 25.07.2015  
Saturdays 10.30am-11.30am  
Riverside Leisure Centre, Norwich

**Family Badminton**

From 24.07.2015  
Fridays 11am-12pm  
LynnSport, King's Lynn

**Family Cycling**

From 24.07.2015  
Fridays 10am-11.30am  
Eaton Park, Norwich

**Family Cycling**

From 23.07.2015  
Thursdays 1pm-2.30pm  
Dussindale Centre, Norwich

**Family Cycling**

From 23.07.2015  
Thursdays 10am-11.30am  
Norman Centre, Norwich

**Family Swim**

From 24.07.2015  
Fridays 4pm-5pm  
Alive St James Pool, King's Lynn

**Family Swim**

From 22.07.2015  
Wednesdays 5.30pm-6.30pm  
Alive St James Pool, King's Lynn

**Family Zumba**

From 24.07.2015  
Fridays 9.30am-10.30am  
The Norman Centre, Norwich

**Family Buggy Fitness**

From 20.07.2015  
Mondays 11.45am-12.45pm  
The Café, The Walks, King's Lynn

**Family Power Kite**

From 25.07.2015  
Saturdays 10am-11am  
Gorleston Beach

**Family Dance**

From 20.07.2015  
Mondays 6pm-7pm  
DPA Dance Academy, England's Lane, Gorleston

**Family Cycle Confidence**

From 08.08.2015  
Saturdays 10am-11am  
Great Yarmouth Seafront

**Family Badminton**

From 22.07.2015  
Wednesdays 9.40am-11am  
UEA Sportspark, Norwich

**Family Badminton**

From 24.07.2015  
Fridays 1pm-2.20pm  
UEA Sportspark, Norwich

**Family Table Tennis**

From 22.07.2015  
Wednesdays 1.40pm-3pm  
UEA Sportspark, Norwich

**Family Climbing**

From 26.07.2015  
Sundays 9.30am-11am  
UEA Sportspark, Norwich

**Family Squash Racketball**

From 26.07.2015  
Sundays 3pm-4.20pm  
UEA Sportspark, Norwich

■ For more activities and to book go to [www.funandfitnorfolk.co.uk](http://www.funandfitnorfolk.co.uk)

## What's on – Swimming Pools

Whether you want adults only lane swimming or a good family splash, there's bound to be a pool near you. Our Norfolk swimming pools include the following:

### Oasis Sports and Leisure, Hunstanton

A 25-metre leisure pool with 33-metre aqua slide and toddler pool with a tropical theme. There's also a Fun Castle play area, roller-skating in summer and ice-skating in winter. Adult £5.40, concession with Alive card £1.95, family £14.95, under fives free. 01485 534227.

■ [www.aliveleisure.co.uk/alive-oasis/swimming](http://www.aliveleisure.co.uk/alive-oasis/swimming)

### St James' Swimming Pool and Fitness Centre, King's Lynn

25-metre competition pool and 12-metre learner pool. Adult £4.45, with Alive Card £3.60 and concession £1.95, family £11.55, under fives free. 01553 764888.

■ [www.aliveleisure.co.uk/alive-oasis/swimming](http://www.aliveleisure.co.uk/alive-oasis/swimming)

### Riverside Leisure Centre, Norwich

A 25-metre pool and 15-metre teaching pool, plus free parking, and other activities in the gym and studio. Various tickets; adult £4.80, Go for Less card adult £2.70, child £1, family £11.45. Under eights swim free with a paying adult all year round with a £2 pass. Apply for a free three-day pass on the website. 01603 671390.

■ [www.placesforpeopleleisure.org/centres/riverside-leisure-centre/](http://www.placesforpeopleleisure.org/centres/riverside-leisure-centre/)

### Breckland leisure Centre and Waterworld, Thetford

A fun pool with beach style shallow entry, aqua slide, fountains, waves and currents, plus 25-metre pool and learner pool. Adult £5.20, family swim

£16.50 (leisure card £13.50), children four and under with adult £1.30. Fitness centre and other sports available. 01842 753110.

■ [www.leisurecentre.com/breckland-leisure-centre-waterworld](http://www.leisurecentre.com/breckland-leisure-centre-waterworld)

### Dereham Leisure Centre

Main pool and separate learner pool, fun sessions, toddler splash, giant inflatable. Adult £4.60, family £14, three and under free. Plenty more sporting activities available. 01362 693419.

■ [www.leisurecentre.com/dereham-leisure-centre](http://www.leisurecentre.com/dereham-leisure-centre)

### Phoenix Swimming pool, Bradwell

Five lane wide 25-metre main pool, two-metres deep at deep end. Fun sessions and lane swimming. 01493 664575.

■ [www.phoenix-pool.com](http://www.phoenix-pool.com)

### Beccles Lido

Outdoor pool complex with 30 metre pool, toddler and paddling pools, sunbathing areas. Giant aquarun, 1 metre springboard and all-weather awning. Open until September 6. Adult £5, family £15, under fives free. 01502 713297.

■ <http://beccleslido.com>

### UEA Sportspark, Norwich

Large world-class pool, set to a temperature for serious swimmers. Family splash, inflatable and holiday sessions. Under 16s swim during all school holidays for £1.50. Five and over £4.60, no family pass. Under fives free. 01603 592398

■ [www.sportspark.co.uk](http://www.sportspark.co.uk)

### Victory Swim and Fitness Centre, North Walsham

25-metre pool, various classes including family fun, aqua jog, aqua circuits. Sports facilities. Apply for a free one-day pass. 01692 409370.

■ [www.placesforpeopleleisure.org/centres/victory-swim-and-fitness-centre](http://www.placesforpeopleleisure.org/centres/victory-swim-and-fitness-centre)

### Marina Centre, Great Yarmouth

Beach style walk in entry, six lane 25 metre pool, wave machine and slide. Baby pool, play area and other sports opportunities. Under fives £1, adult £4.20, family £12. 01493 851521.

■ [www.marina-centre.com](http://www.marina-centre.com)

### Sheringham Splash Leisure and Fitness Centre

25 metre main pool and five metre training pool, wave and waterslide sessions, general swim adult £4.80, high season waterslide and waves adult £6.95. 01263 825675.

■ [www.placesforpeopleleisure.org/centres/splash-leisure-and-fitness-centre/](http://www.placesforpeopleleisure.org/centres/splash-leisure-and-fitness-centre/)

### Diss Leisure Centre

Main and learner pools with various sessions including toddler splash and aqua fit. Adult £3.75, with leisure passport £2.25, family £8. 01379 652754.

■ [www.south-norfolk.gov.uk/leisure](http://www.south-norfolk.gov.uk/leisure)

### Wymondham Leisure Centre Closed for refurbishment.

Swimming sessions at Hethersett Old Hall School and Wymondham College until early September and must be booked in advance. Call 01953 60717.

■ See [www.south-norfolk.gov.uk/leisure/media/Hethersett\\_Old\\_Hall\\_School\\_and\\_Wymondham\\_College\\_Pool\\_Timetable.pdf](http://www.south-norfolk.gov.uk/leisure/media/Hethersett_Old_Hall_School_and_Wymondham_College_Pool_Timetable.pdf)

## Swimtag

Look for pools, such as Riverside in Norwich, which offer Swimtag so you can chart your progress of calories burned, distance, time, strokes and more. Swimmers pick up a wristband, wear in the pool, redock after the swim and results upload to your Swimtag online

account. Download an iPhone app to find your nearest pool plus timetable, facilities and contact information.

■ Prices quoted may be more at peak times.

What's On

We take a look at some of the free and low cost activities to join in Norfolk this summer.

**Free fireworks  
Great Yarmouth**

Weekly Wednesday displays from July 15 to August 26 at Central Beach. Plus Tuesday displays at Hemsby beach from July 21 to September 1. Take a stroll along the prom while you're there too.

**Norwich Play Days**

Various dates across the city. Free activities including Punch and Judy, music making and giant games. The calendar includes Three Score Play area July 29 and Mile Cross Gardens on August 4.

■ For the full list, visit the events pages at [www.norwich.gov.uk](http://www.norwich.gov.uk)

**Outdoor Theatre**

Various days, across Norwich head to Waterloo Park for free, family-friendly theatre every Friday at 3pm throughout the holidays. They start with July 31, magic tricks from Dr Ken. Don't miss Stories for Summer, open air storytelling at 11am, Heigham Park on August 2, 9, 16, 23 and 30.

■ Visit the events pages at [www.norwich.gov.uk](http://www.norwich.gov.uk)

**Roller Skating  
Stalham Sports Centre  
Saturdays 9-11am**

Community oriented, fun skating for all ages, one of many activities at the centre. £2.50

■ 01692 580864

**Camp Adventure  
Breckland Leisure Centre & Waterworld, Thetford**

Large number of multi-sport sessions throughout the holidays for 5-11 year olds.

■ Contact sports development officer, Julie.pike@parkwood-leisure.co.uk

**Big Beach Picnic  
July 4, Brancaster Beach,  
11am-3pm**

Celebrating 50 years of the National Trust's Neptune Coastline, this free event will have 50 things to do before you're 11½ themed family activities. Bring your lunch!

# Having fun - at a price we can afford

GoGoDragons



■ Meet the dragons on the Norwich trail

Walk the free, interactive arts sculpture trail of 84 large painted sculptures and over 100 baby school dragons on the streets of Norwich. It follows the huge success of GoGoGorillas 2013 and all proceeds - the dragons are auctioned off in the autumn - go to Norfolk charity Break which supports vulnerable children, young people and families across

East Anglia. There are dragon-themed play day activities too. 114 schools have joined the GoGoDragons! Schools Project too, each decorating its own "baby" dragon. They'll be on display around the city until September 5 when they return to their schools.

■ [www.gogodragons.co.uk](http://www.gogodragons.co.uk)

■ 01263 740241 [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

**Gorleston Clifftop Festival  
Gorleston-on-Sea Cliffs  
July 25-26 2015,**

Free entry to this mile long summer attraction with entertainment, sports, stalls, music and firework finale on Sunday evening.

■ [www.clifftopfestival.info](http://www.clifftopfestival.info)

**Picnic in the Park  
July 26, Whitlingham Country Park**

**11am-4 pm,**  
Celebrate National Parks Week by bringing your picnic >>> <<< along to Whitlingham Country Park. There's music, crafts and family activities.

■ [www.broads-authority.gov.uk](http://www.broads-authority.gov.uk)

**Sports Centre Open Day  
July 26, Cromer Community Sports Centre, Norwich Road, 10am-4pm**  
Discover different sports for free, open to all ages.  
01263 515669.

Get into...  
summer fun

■ Avast me hearties! Get set for the Wells Pirate Festival in September.



■ [www.northnorfolk.org/sports](http://www.northnorfolk.org/sports)

**Water Festival and Dragon Boat Race  
Downham Market  
August 9**

Head to the banks of the Great Ouse Relief Channel for stalls and plenty of watery fun to watch.

■ [www.downhammarkettowncouncil.org.uk](http://www.downhammarkettowncouncil.org.uk)

**Sports Centre Open Day  
August 16  
North Walsham Community Sports Centre, Spenser Avenue, 10am-4pm**  
All ages can try various sports for free.

■ [www.northnorfolk.org/sports](http://www.northnorfolk.org/sports)  
01692 402293

**NNDC Sports & Leisure Services  
Fun Day Out  
Pretty Corner Woods, Sheringham  
August 13, 10am-4pm**  
Children £4, adults free, free parking  
Includes archery, sports, minibeast hunt, orienteering, storytelling, art and crafts, stalls,

sculpturing, donkey rides and woodland craft,  
One of many fun days and beach events in north Norfolk this summer.

■ See the community pages at [www.northnorfolk.org](http://www.northnorfolk.org) for dates.

**Thetford Parkrun World Record Conga  
Thetford Town Centre  
August 22**

Come on and do the conga! At 8.30am, Thetford Parkrun will be trying to break the world record for the longest distance ever covered by a conga line. Part of Thetford Great Festival.

■ Join at [www.parkrun.org/thetford](http://www.parkrun.org/thetford).

**Tour de Broads Festival 2015  
August 23  
Strumpshaw Hall**  
Join the free RSPB family and all-comers cycle ride from 12pm as part of the festival

■ See the Tour de Broads pages at [www.revolutionevents.co.uk](http://www.revolutionevents.co.uk)

**Sports Centre Open Day  
Stalham Community Sports Centre, Brumstead Road,  
10am-4pm  
August 23**

Whatever your age, you're never too young – or old – to get into sport. A free day to find out what's on offer here.

■ [www.northnorfolk.org/sports](http://www.northnorfolk.org/sports)  
07917 834960

**Wells Pirate Festival  
Wells  
September 4-6**

A three-day pirate party, rammed with pirate captains, buccaneers, salty sea dogs and plenty to see and do.

■ [www.wellspiratefestival.co.uk](http://www.wellspiratefestival.co.uk)

**Great Yarmouth Maritime Festival  
September 5-6**

The festival welcomes ships of all shapes and sizes, and fills the quay with live music and street theatre.

■ [www.great-yarmouth.co.uk/maritime-festival/](http://www.great-yarmouth.co.uk/maritime-festival/)

■ Go back in time at Great Yarmouth Maritime Festival in September.



**Fancy lending a hand?**

Volunteering opportunities include Bicycle Wombles with Bicycle Links CIC, recycling old bicycles to make affordable refurbished bikes

■ [www.bicyclelinks.org.uk](http://www.bicyclelinks.org.uk)

**Walking**

Volunteer with the free Fit Together programme and become a walk leader for a walk near you.

■ [www.activenorfolk.org/fittogether](http://www.activenorfolk.org/fittogether)

**Gardening**

Can you offer basic gardening help to elderly or vulnerable people? Venues include Diss, Long Stratton, Thetford and Wymondham.

■ Try [www.voluntarynorfolk.org.uk](http://www.voluntarynorfolk.org.uk)

**Muddy boots volunteers**

Practical conservation work clearing, tree planting, pruning and making wildlife homes. Gloves and tea provided. Search muddy boots at [www.voluntarynorfolk.org.uk](http://www.voluntarynorfolk.org.uk). Or volunteer at Nunnery Lakes, for the British Trust for Ornithology, see [www.bto.org](http://www.bto.org). Join the TCV (Trust of Conservation Volunteers) at venues all over Norfolk, six days a week.

■ [www.btcv.org.uk](http://www.btcv.org.uk)

**parkrun**

The free running events throughout Norfolk welcomes volunteers for marshalling, operating the timer etc.

■ See the volunteering pages at [www.parkrun.org.uk](http://www.parkrun.org.uk)

**Running**

Be part of the team for Run Norwich, a new 10km city centre run on August 30. Roles include race marshals, start/finish line helpers, water-station attendants and bucket collectors.

■ [www.runnorwich.net](http://www.runnorwich.net)

**Mobile Me**

Watch out for new Active Norfolk's 12-week sessions for older people in living in sheltered housing or residential care homes. Bowls, table tennis and Tai Chi will be on offer and community volunteers will be needed to keep the project going.

■ Call Active Norfolk 01603 732333.

## What's On

There is so much to try at Norfolk's Leisure Centres – and if you're looking for holiday childcare, they can help. We look at what's happening this summer.

### Free summer camp through Norwich City FC's Community Sports Foundation

The Fit4it healthy lifestyle programme teaches youngsters about healthy living and gives them opportunities to take part in sports. Open to seven-12 years and 13-16 years, the Fit4it Summer Camp includes a one night residential and fun such as abseiling, climbing, laser tag, zip wire and a campfire.

Dates: August 24-28 at Ormiston Venture Academy (Gorleston) and Kingswood Activity Centre (north Norfolk) Cost: FREE.

■ **Contact the Health Team on 01603 761122 or email tessa.beecroft@canaries.co.uk**

### Victory Swim and Fitness Centre, North Walsham.

Courses include snorkelling and an underwater assault course, followed by water polo and a relay. The Multi-Aquatic Sports Days have it all. The best news, though – under eights go free with a full-paying adult!

■ **See [www.victoryswimandfitnesscentre.co.uk](http://www.victoryswimandfitnesscentre.co.uk), 01692 409370.**

### Broadland,

The Tots2Teens programme includes fishing, fencing, handball, skateboarding, horse-riding, yoga, fishing, cricket, paddleboarding, kayaking, archery, athletics, go-karting, and cycle racing. Prices from £5. Try climbing at Open, golf at



Marriott Sprowston Manor Golf Club, bridge building and nature crafts at Hautbois Centre, Coltishall or at Sprowston High School join a multisports day, badminton and ultimate frisbee.

■ **See [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)**

### Breckland

A rural sports activity programme for five to 11 year olds runs from July 24-August 29 at venues including Necton Community Centre, Watton Sports Centre, Ashill Village Hall, Lyng Village Hall and Attleborough Sports Hall. Cost £2.50 a session.

■ **Visit [www.breckland.gov.uk](http://www.breckland.gov.uk)**

The Junior Swim Passport for £18 per person (£30 for two people), gives under 15s unlimited swimming at Dereham and Breckland Leisure Centre for the summer holidays. Both centres have Camp Adventure too.

■ **Dereham Leisure Centre 01362 693419 / Breckland Leisure Centre and Waterworld 01842 753110.**

### South Norfolk

Kids' Camp with music, sports, games and crafts returns this summer for children in school years one-11 at Hethersett Old Hall School and Wymondham College.

■ **[www.south-norfolk.gov.uk/kidscamp](http://www.south-norfolk.gov.uk/kidscamp)**

### Norwich

At the UEA Sportspark in Norwich, former Olympic athlete Paul Evans runs a four-day Startrack course for boys and girls aged eight-15. Top class coaching in running, throwing and jumping. It's £60 for the four days.

■ **[www.activenorfolk.org](http://www.activenorfolk.org)**

### West Norfolk

A large programme of activities including gymnastics, tennis, rollerskating, trampolining, archery, rounders, swimming and dodgeball across the three centres of Downham Leisure, Oasis Hunstanton and Lynnsport.

■ **See [www.aliveleisure.co.uk](http://www.aliveleisure.co.uk)**

## £5 off children's summer holiday activities

- This voucher entitles the bearer to £5 off children's summer holiday activity programme OR a half price badminton court for your family
- Voucher valid at any of our three community sports centres - Cromer, North Walsham or Stalham
- Activities or court must be pre-booked
- Voucher valid until Sunday August 30 2015
- Details of activities at [www.northnorfolk.org/sports](http://www.northnorfolk.org/sports)

## Half-price swimming

- This voucher entitles the holder to 50pc off a family swim at Victory Swim and Fitness Centre, North Walsham
- Expires 03/09/2015
- Normal RRP £11.75



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