

Links – how to get started on exercise in 2019 for Eastbourne & Willingdon

Mrs Scarlett McNally Mrs Scarlett McNally BSc MB BChir FRCS(Tr&Orth) MA MBA FAcadMed

Consultant Orthopaedic Surgeon

My website: Set goals. Start small. Go with friends. Plan it. Little rewards. Set reminders. Have any kit ready. Fit it in. Build up.	www.scarlettmcnally.co.uk
For doctors/nurses, with good section for others	www.movingmedicine.ac.uk
General tips	www.benefitfromactivity.org.uk
For clubs in East Sussex eg “dance”	www.escis.org.uk
Specific getting started for women	www.thisgirlcan.co.uk
How to get started for everybody	https://www.csp.org.uk/public-patient/keeping-active-and-healthy/love-activity-hate-exercise-campaign
General tips	https://www.nhs.uk/live-well/exercise/
Couch to 5 k	https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/
Specific for heart problems	https://www.bhf.org.uk/informationsupport/support/healthy-living/staying-active
Specific to improve mental health	https://www.mind.org.uk/redjanuary
Park run (Saturday 9am free walk/run)	www.parkrun.org.uk
Dementia friendly swimming	www.swimming.org/dementiafriendly
East Sussex facilities	https://www.eastsussex.gov.uk/leisureandtourism/sport/
Cycle training for adults	https://www.eastsussex.gov.uk/roadsandtransport/roads/roadsafety/cycle-training/
Cycling in Eastbourne (and map)	http://bespokecyclegroup.org.uk/