



Supporting an Active County



## Active Friends Resource Sheet

Tel: 0191 307 7117 Email: [hello@countydurhamsport.com](mailto:hello@countydurhamsport.com) Visit: [www.countydurhamsport.com](http://www.countydurhamsport.com)

 @cdsport  cdsport

# Active Friends Resource Sheet

## Links referenced throughout Active Friends

### What is Physical Activity?

- [Exercise - NHS \(www.nhs.uk\)](http://www.nhs.uk)

### The Benefits of Physical Activity

- [Benefits of Physical Activity | Physical Activity | CDC](#)
- [About physical activity - Mind](#)
- [Promoting Wellness in Older Patients | National Institute on Aging \(nih.gov\)](#)
- [Physical activity benefits outweigh risks for people with long-term health conditions | Sport England](#)
- [Moving Medicine Infographic](#)

### How to Get People Active

- [Making Physical Activity a Part of an Older Adult's Life | Physical Activity | CDC](#)
- [11 Ways to Encourage Your Child to Be Physically Active - HealthyChildren.org](#)
- [Community Strategies | Physical Activity | CDC](#)
- [Making Every Contact Count \(MECC\)](#)
- [Five Ways to Get Active and Stay Healthy from Home! | Health Equity Features | CDC](#)
- [6 Tips to Stay Active This Winter | DNPAO | CDC](#)

### Why Walk?

- [Walking for health - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Get moving outdoors - Durham County Council](#)
- [How to Stay Fit With Winter Walking - Walking in Snow Tips \(prevention.com\)](#)
- [Walking in a winter wonderland at any age](#)
- [Walk your way to health | Walking tips and advice | Age UK](#)
- [Walking with a disability or health issue - Ramblers](#)
- [Safety - Ramblers](#)
- [Walk Durham - Durham County Council](#)

### Ways to Get Involved

- [Active Shildon - County Durham Sport](#)
- [Active Valleys - County Durham Sport](#)
- [We are Undefeatable County Durham - Durham County Council](#)

## Downloadable resources to support you at home

- [Active at Home Booklet](#)

## Videos

- [Move Durham YouTube Episodes](#)