

A Sustainable Outdoor Physical Activity Landscape



Background

- Green Exercise Agenda in Durham



Green Exercise

Green Exercise can be informal physical activity or formal sport. You can undertake Green Exercise in urban green spaces, such as parks, gardens and sports fields, near water such as coasts and rivers, as well as in the wider countryside. In fact, published research shows **‘interventions that do not require attendance at a facility are more likely to lead to sustainable increases in overall physical activity’** (Hillsdon et al, 1999).



Natural Environment and Health

“There is substantial evidence that links the natural environment with good physical health and psychological wellbeing”

Countryside Recreation Network; A Countryside for Health and Wellbeing (2005).



Policy Context

- DCC's ROWIP
- NICE Guidance
- SE Active Design
- Green Infrastructure Strategy and LDF



East Durham Green Exercise Partnership



Celebrating the natural environment through exercise

**Draft Action Plan
2008-2013**

East Durham Green Exercise Partnership

Partnership Aims

- **We aim to encourage and enable people in East Durham to participate in organised or self led Green Exercise Activities, in order to reduce health inequalities and increase well-being**
- **We aim to inspire behavioural change to enable participation**
- **We aim to influence the design, quality and availability of green spaces to encourage participation**



Objectives



- **Strengthen partnership working between organisations in Easington to increase participation levels and raise the profile of Green Exercise**
- **Influence green space design to secure a legacy of increased participation in physical activity**
- **Increase physical activity levels in Green Exercise within the whole population of Easington to address health inequalities**
- **Increase awareness of local natural environments**
- **Increase volunteer and employment opportunities**
- **Protect and wherever possible enhance biodiversity**
- **Develop and protect green infrastructure as a physical activity resource.**

The BIG Bid: Changing the Physical Activity Landscape



Aspirations

Active People

Active Places

Active Travel



Any questions?

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My questions to you

- How would you change the physical activity landscape?
- How can we improve and promote the AROW network to encourage sustained participation in physical activity?
- If you had £1million how would you spend it to enable and motivate people to do more physical activity?