

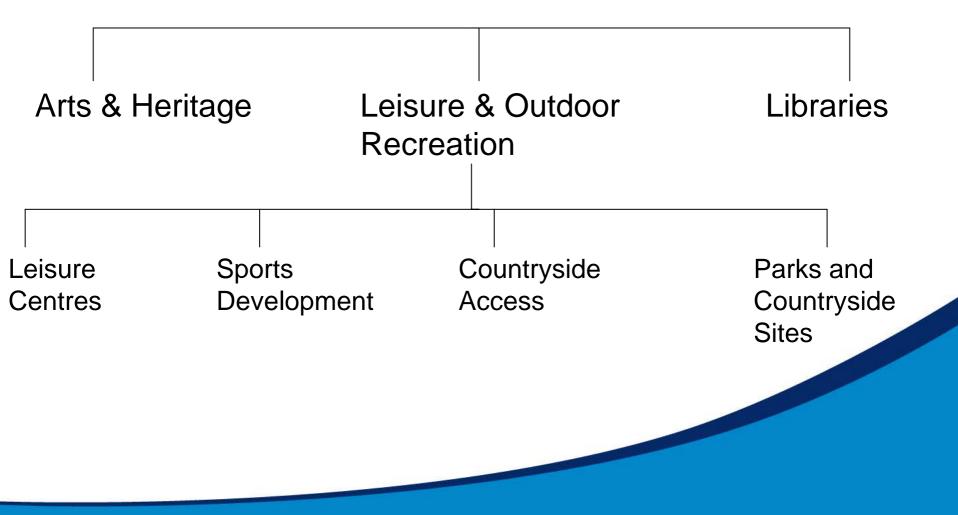
Outdoor Recreation Service

Physical Activity

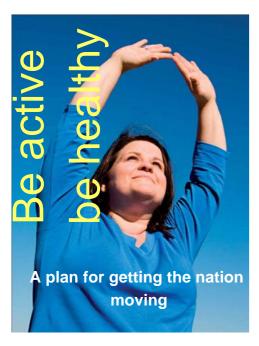
Neil Willcox 30 April 2009



Culture & Leisure









Before, during and after: Making the most of the London 2012 Games



Sport England Strategy 2008-2011



The Chief Medical Officer (2004) advises that

Adults should take part in 5 x 30 mins of moderate levels of physical activity per week

Children should take part in an hour of moderate level of physical activity per day

Government launches challenge to get 2 million people more active by 2012 (2008)





Most popular activities in Shropshire

1.	Recreational Walking	70.9%
2.	Swimming	13.0%
3.	Recreational cycling	11.0%
4.	Going to the gym	8.2%
5.	Football	5.9%
6.	Golf	4.8%
7.	Badminton	2.8%
8.	Running	2.6%
9.	Tennis	2.0%
10.	Horse riding	1.9%
11.	Aerobics	1.3%



Source: Sport England Active People Survey 2005-2006



Barriers to exercising:

My health isn't good enough

Finding the time

Not interested, other priorities

Inaccessibility of the environment

Parental safety concerns

Feeling self-consciousness





Key considerations

Increasing participation

Providing the right opportunities in the right places

Partnerships, people and networks to lead and inspire





Leisure and Outdoor Recreation – towards a vision

By providing access to leisure opportunities the Leisure and Outdoor Recreation Services will:

- Encourage and increase participation in a wide range of sports and physical recreational activities to enable them to be a part of everybody's lives
- Improve the quality of life for Shropshire's people and communities
- Provide opportunities for fun, delight, personal growth and enrichment
- Build connections between individuals and communities, enabling them, empowering them and increasing their self esteem



Providing Facilities - Rights of Way









Providing Facilities - Sites









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Services on the web

Discover Shropshire



Come and discover the great outdoors, heritage and wildlife of Shropshire. Use the map to link to many other web sites containing Shropshire information. When you dick on this map or enter your postcode, you will be taken to a detailed map. 🔘 Archaeology Activities Whitchurch Market Drayton Excavation in Watergate St Ditton Priors Walk 3 Whitchurch Ride Shropshire Route 9 - Sundial and cross, St The Betchcott Hill Ride Michaels Churchyard No 55 BROAD STREET Ditton Priors Walk 9 Newport Wildlife History Shrewsbury Telford Coalport Station Ironbridge Field name map of Moreton Much Wenlock Corbet Parish St Peter's church, Monkhopton Church Stretton Newport Heritage Trail Map Ditton Prior Launch of interactive 1768 **Bishon's Castle** man Nine Mystery Photographs See more Shropshire news and Get a Shropshire newsletter events delivered to your inbox. Download a PDF leaflet Shropshire's Timeline »

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Activities, Performances and Outreach





