

ANKER VALLEY NEWSLETTER

Tamworth
Borough Council

WINTER 2024

Dear residents,

Winter is upon us, and many of us are reluctant to head outside to exercise when the frosts arrive. To avoid braving that winter chill, try moving your workouts inside! Swap your summer bike ride for an indoor one at the gym or have a go at online yoga or aerobics (many classes run online for free). Whatever you do, it's important to keep active and healthy.

WHY ARE WE LESS MOTIVATED IN THE WINTER?

This can often be caused by a lack of sunlight, which then leads to lower serotonin levels in our bodies. Serotonin is known as the happy hormone, this gives us our mood boost, so less sunshine makes these levels drop and therefore reduces motivation.

To help with this we have some tips you can try out to boost your motivation to exercise during the winter.



1 Exercise with others

Workout with a friend this way you can motivate each other during the session, you are less likely to cancel on friends.

2 Welcome the outdoors

Don't let the cold stop you, put on that extra layer and dress for the weather! Any outdoor activities whether it is running, walking, cycling etc gets the blood pumping around the body, and combined with the fresh air and natural light, getting out can really lift your mood and feeling of wellbeing.

3 Plan of attack

Put it in the diary, and plan to exercise. It's easy to say I'll start tomorrow, but if you have a plan, it's easier to stick to.

4 You could learn a new sport

Learning a new sport or skill is a great way to meet new people as well as improving your fitness at the same time, and playing part of a team also helps you stick to the routine, you won't want to let the team down.

EXERCISE AND HEALTHY DIET...

Exercise combined with a healthy diet can help to improve physical and mental health. It can reduce your stress help with sleep and just give you a that feel good feeling, which in turn makes you happy.

For help with weight management why not pop down and meet the team from 'Everyones Health' who will help and give guidance to support weight loss:

Day	Time	Venue
WEDNESDAY		
Weight loss management group	9-12pm	St Editha's community hall
Weight loss management group	9-12pm	Sacred heart community centre



TO KEEP ACTIVE...

why not come and join us at one of our **FREE** sessions at Anker Valley Sports and Leisure complex, or other venues in Tamworth.

Day	Time	Venue
MONDAY		
Recreational darts	2-4pm	Anker Valley Sports and Leisure complex
Football , show up and play 11-16yrs (Moulded studded boots and shin pads must be worn)	4-5pm	Anker Valley Sports and Leisure complex
TUESDAY		
Over 50 club Take part in a variety of different sports such as football, darts, bowls, walks etc	2-3pm	Anker Valley Sports and Leisure complex
Football , show up and play 11-16yrs (Moulded studded boots and shin pads must be worn)	4-5pm	Anker Valley Sports and Leisure complex
Pickleball	8-9pm	Rawlett sports centre
WEDNESDAY		
Wellbeing walk	10-11am	Meet at Helping hands café (opposite Marmion house)
Recreational darts	2-4pm	Anker Valley Sports and Leisure complex
THURSDAY		
Recreational darts	2-4pm	Anker Valley Sports and Leisure complex
FRIDAY		
Recreational darts	2-4pm	Anker Valley Sports and Leisure complex

Remember, stay positive, and focus on the benefits that exercise gives you.

Yours in health
TAMWORTH BOROUGH COUNCIL
ACTIVE WELLBEING TEAM.