

3x30



Welcome to the first 3x30 Newsletter which aims to keep you informed about the many opportunities to do physical activity within Luton as well as hints and tips on how to squeeze physical activity into your busy schedules!

Inside this issue

Seven days of FREE leisure activities

Get walking...

Luton Health Walks

Go for the garden burn

House work can make you fitter

Win with the 3x30 pledge log sheet

Keep fit with Active Luton

3x30 Pledge

Congratulations on taking the 3x30 pledge.

The 3x30 Pledge is a great way to get active and healthy with only three lots of 30 minutes of activity each week.

Take 3 4 life

3 x 30 Pledge Take 3 4 Life is about promoting the benefits of physical activity. People who sign up will be pledging to make a change to their lifestyles by exercising at least 3 x 30 minutes each week.

The 3 x 30 Pledge will support and help motivate people to exercise through:

- gaining discounts to selected local leisure facilities
- incentives to help motivate and support continued exercise.

www.luton.gov.uk/change4life

Seven days of FREE leisure activities

As part of the 3x30 pledge you will receive a free Go 4 Less card which not only entitles you to discounts on activities at Active Luton sites across Luton, but also gets you a free seven day pass to use in any Active Luton Leisure facility.

So don't delay, get activated today!

What motivates you to exercise?

The Council is asking everyone aged 16 and over to take part in a simple survey to find out what motivates you to exercise. The survey also asks how much physical activity you do, and looks into reasons preventing you from doing more exercise.

The results will be used to help develop future physical activity, sport and leisure opportunities throughout Luton by highlighting any gaps in the current provision.

You can complete the survey online by visiting <https://secure.luton.gov.uk/surveys/exercisefitness> or you can request a hard copy questionnaire and pre-paid envelope by calling **01582 547319**

Did you know...

Less than **15%** of people in Luton are doing physical activity on a regular basis. Sport England recommend getting active for **30** minutes, **3** times a week to help safeguard against illness and obesity.

By building more movement into our daily lives you can reduce stress, maintain a healthy weight and reduce the risk of developing health problems. This might mean walking the kids to school, cycling to work or it may be a more structured activity like a dance class or gym session.



Get walking...

What are the benefits of walking?

There are plenty...

- It burns calories
- It can help towards maintaining a healthy weight
- It helps to boost your metabolism
- It helps to reduce body fat
- It boosts your energy levels
- It helps to strengthen the immune system
- It improves your circulation
- It lowers your blood pressure
- It helps to prevent and control diabetes
- It promotes positive mental health, including higher levels of self-esteem
- It helps you to manage stress and release tension

Walking can be fun

Here are some tips to making walking more enjoyable...

- Walk your dog and let him or her take the lead
- Plan a route so that you can visit friends/family along the way
- Stop off half way at the park if you are walking with kids/dogs
- Arrange to meet a friend half way
- Take a MP3player/Ipod with you
- Treat yourself to walking equipment – this may motivate you to walk more
- Contact local walking associations and join in (see opposite)
- Plan fun exploration walks for the kids - get out and explore your local neighbourhood
- Pick different routes each week so that you don't risk getting bored

Walking burns calories

Walking Speed	Calories Burned In		
	10 Minutes	20 Minutes	30 Minutes
2 Mph	26.4kcal	52.7kcal	79.1kcal
3 Mph	42.7kcal	85.4kcal	128.1kcal
4 Mph	61.4kcal	122.7kcal	184.1kcal

*Female, Age 40, 5ft5 tall, Weighs 12st 7lbs and has a Moderately Sedentary lifestyle. (approximate figures)



Sustrans Weekly Health Walks in Luton

Have fun, meet new people and get fit for free by joining a regular health walk in Luton. Sustrans Active Travel Luton is running a weekly schedule of free, group led walks with something for everyone.

More info: **01582 732919** or **activelives@sustrans.org.uk**

Please contact us if you are interested in coming along for the first time.

Dallow Walking Group

Mon 9:15 to 10:15, start from Foxdell Infant School, LU1 1TG
• Open to all • Moderate pace • Dallow, Farley and Challney area

Bramingham Senior Striders

Mon 11:00 to 12:00, start from St Margaret's Parish Centre, Lucas Gardens, LU3 4BG
• Open to all - targeted towards senior citizens
• Moderate to fast pace • Bramingham, Marsh Farm, Warden Hill and Limbury

Leagrave Health Walk

Tue 9:15 to 10:15, start from The Community Link at Leagrave Primary School, Strangers Way, LU4 9ND
• Open to all • Moderate pace • Leagrave, Lewsey and Sundon area

High Town Health Walk

Tue 9:15 to 10:15, start from St Matthews Primary School, LU2 0NJ Cobden St entrance (nr Greenbank)
• Open to all - targeted towards parents 'n' tots • Moderate pace • High Town, Crawley and Round Green area

L&D Hospital: Wednesday Walkers

Wed 12:45 to 13:15, start from L&D Hospital, Occupational Health building, Calnwood Road, LU4 0DZ
• Open to all - targeted at Hospital employees • Moderate to fast pace • Lewsey, Challney and Leagrave area

Lewsey Walking Group

Wed 9:30 to 10:30, start from L&D Hospital, Occupational Health building, Calnwood Road, LU4 0DZ
• Open to all • Moderate to fast pace • Lewsey, Challney and Leagrave area

Stopsley Walkers

Wed 14:00 to 15:00, start from Jansel House, Hitchin Road, LU2 7XH
• Open to all - targeted to Senior Citizens • Moderate pace • Stopsley, Putteridge and Round Green area

A Walk in the Park

Wed 14:00 to 15:00 (Monthly), This monthly walk takes place in Luton's Parks.
Contact Sustrans for location details
• Targeted to people with disabilities • Slow to moderate pace • Luton's Parks e.g. Wardown, Stockwood, Leagrave

The Saints Health Walk

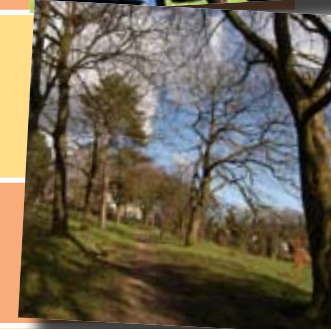
Thurs 9.15 to 10:15, start from William Austin main school gate, Austin Road, LU3 1UA
• Open to all - Parents and pushchairs welcome • Moderate pace • The Saints, Icknield, Barnfield and Bushmead area

Walk the Talk

Thurs 12:30 to 13:20, starts from Town Hall steps, George St or University of Beds entrance, Park St, LU1 2BQ
• Open to all - targeted to town centre employees • Moderate to fast pace • Town centre and surrounding environs

Whipperley Walkers

Thurs 14:00 to 15:00, starts from Farley Community Centre, Delphine Close, LU1 5RE
• Open to all - targeted towards parents 'n' tots • Moderate pace • Farley and Dallow area



Go for the garden burn

I bet you didn't realize that gardening is a great way to cut your flab. The list below displays the number of calories burnt by a person weighing **170 pounds**, in a 30 minute gardening activity.



Activity	Calories burnt
Shoveling heavy snow	364
Shoveling snow	243
Mowing the lawn with a push mower	243
Gardening with heavy power tools	243
Chopping wood	243
General gardening	202
Laying soil	202
Digging, spading, tilling	202
Clearing land	202
Weeding	182
Planting trees	182
Planting seeds/seedlings	162
Bagging leaves	162
Raking	162
Watering lawn/garden	61

Note: The more you weigh, the more calories you will burn!

House work can make you fitter

According to a new survey by the Discovery Channel, many of us find cleaning our homes 'mentally therapeutic' and say it helps us feel in control of our lives.

Housework is a great way to burn calories. But as is the case with any workout, the more effort you put in, the greater the benefit. In particular, polishing, dusting, mopping and sweeping are great for keeping arms shapely.

Bending and stretching, for example, when you make the bed, wash windows or do the laundry are good for toning thighs and improving flexibility. And constantly running up and down the stairs as you tidy is a good aerobic workout...

Activity	Calories burnt in 1 hr*
Hoovering	193.7
Dusting	173.6
Wallpapering	133.2
Gardening, Weeding	287.8
Mopping Floors	193.7
Car washing	234
Cleaning windows	180.3
Ironing	113.1
Chopping Wood	415.5
Walking up & down stairs, moderate	516.3

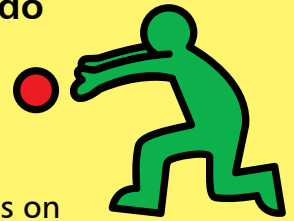


3 x 30 activity log

Use a pen to block out every 30 minutes of exercise you do in a week..

Your aim is to reach 90 minutes or more each week.

Chart your progress and if you manage the challenge, fill in your details on the reverse of your log and return to the address given. You will then be entered into a quarterly prize draw (see next page)



90	90	90	90	90	90
60	60	60	60	60	60
30	30	30	30	30	30



wk 1

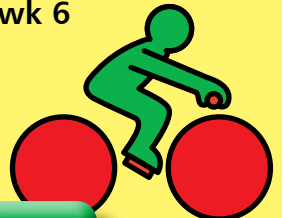
wk 2

wk 3

wk 4

wk 5

wk 6



90	90	90	90	90	90
60	60	60	60	60	60
30	30	30	30	30	30

wk 7

wk 8

wk 9

wk 10

wk 11

wk 12



To participate in the prize draw, an entrant must complete 3 x 30 minutes of physical activity per week over a 12 week period at time of entry.

Only one (1) entry per person per prize draw is allowed.

The closing time and date for entries are 15th October 2010, 15th January 2011 & 15th April 2011.

Details of the winner will be published as soon as reasonably practicable after the date of the Prize Draw and appear on the website & newsletter.

All personal details submitted with each prize draw entry will be held in accordance with our Privacy Policy and the Data Protection Act.

Title First name

Last name

Male Female

Age Band: 16-34 35 - 54 55+

Home address:

Return Address
Karen Fletcher, Commissioning Officer Leisure & Culture
2nd Floor Unity House, 111 Stuart Street, Luton, Bedfordshire LU2 0LT



Keep fit with Active Luton

Active Luton is a 'not for profit' sports and leisure trust operating a variety of facilities in Luton. No matter what your fitness level, age or skill they can offer you a wider range of activities than any other local leisure company – and all at very competitive prices!

These include...

The **Stockwood Park Golf Centre** offers you a perfect way to relax, unwind and enjoy away from the stress of everyday life.

There are two **Profiles health and fitness suites** which provide state of the art facilities and the very latest training equipment matched by individually tailored programmes to suit your needs.

Swimming is well catered for with four pools to choose from, offering the best teaching facilities around and plenty of aquafit classes for those who prefer water based fitness activities.

If you want variety then visit any of the six recreation centres and

check out the great range of activities taking place.

Contact the individual centres for more details...

Hightown Community Sports & Arts Centre

Concorde Street,
Luton, LU2 0JD
Tel: 01582 419548

Lea Manor Recreation Centre

Northwell Drive,
Luton, LU3 3TL
Tel: 01582 599888

Stockwood Park Golf Centre

Stockwood Park - London Road,
Luton, LU14LX
Tel: 01582 413704

Stockwood Park Athletics Centre

Stockwood Park, Farley Hill,
Luton, LU1 4BH
Tel: 01582 722930

Luton Regional Sports Centre

St. Thomas' Road,
Luton, LU2 7XP
Tel: 01582 416772

Putteridge Recreation Centre

Putteridge Road, Luton, LU2 8HJ
Tel: 01582 731664



Lewsey Park Pool

Pastures Way, Luton, LU4 0PF
Tel: 01582 604244

Wardown Swimming & Leisure Centre

Bath Road, Luton, LU3 1ES
Tel: 01582 720621

Wigmore Hall Conference Centre (Head Office)

Eaton Green Road,
Luton, LU2 9JB
Tel: 01582 400272



take 3 4 life

Eat well Move more Live longer

If you want to lead a healthier and more active lifestyle, then the **'3 x 30 pledge'** is for you. This programme has all the help and support you will need – so just remember, it's your **health**, your **life**, your **choice**.

Did you know that regular physical activity can help reduce the risk of coronary heart disease, obesity, high blood pressure, depression, stress, and more? Don't wait until it's too late! Once you have signed up to the **'3 x 30 pledge'**, you will receive various discounts at Luton Borough Council leisure facilities, incentives to help keep you motivated, and much more.



'3 x 30 is participating in at least 30 minutes of sport and active recreation (including recreational walking and cycling) of at least moderate intensity on at least three days a week.' **Sport England**

Physical activity can include everyday walking, cycling, working out in the gym, dancing, even families playing together, as well as organised sport – there really is something out there for everyone!

Look out for us at events across Luton where you can sign up for the **'3 x 30 pledge'** and receive discounts at various Luton Borough Council leisure facilities.

For more information please contact Karen Fletcher, commissioning officer, on 01582 54 73 19, or email karen.fletcher@luton.gov.uk

www.luton.gov.uk/take34life