

# WHAT WE OFFER

Somerset Activity and Sports Partnership (SASP) is the Active Partnership for Somerset and our vision is to create healthier and happier communities in Somerset through physical activity.

This resource details all the programmes and resources we have available to help older adults and those living with health conditions to move more and live longer better.



### Love to Pedal

Love to Pedal is a chair cycling opportunity using sets of loaned pedal exercisers and a DVD or online bike rides of Somerset to bring the cycling to life!



**LOVE TO PEDAL**

**Walk your Way** is a short, adaptable walking offer with a booklet of 10 mapped routes across Somerset. A virtual and DVD option is available for those who wish to participate at home watching filmed walks of Somerset.



**SASP Take Time** is a collection of online videos from 2 mins to an hour's full body exercise programme with seated and standing options.

**Take 10**

**Somerset Health Walks** is a county programme of volunteer led walks in communities across Somerset, catering for beginners through to more intermediate level walkers.



**SOMERSET HEALTH WALKS**

#MOVEMORE

### Move More with Bands

A seated or standing resource that builds strength and balance through resistance band exercise.



**Move More Together** matches volunteers with older adults who need support with accessing movement opportunities, whether this be at home, outside or in community settings.



**ProActive** is the physical activity on referral scheme for Somerset, where health and fitness professionals can refer individuals to accredited facilities to participate in prescribed exercise sessions to support a range of health conditions.



For other activity groups and classes near you, please visit the Somerset Moves Activity Finder: <https://somersetmoves.activityfinder.net/>

For more information about SASP's health and wellbeing programmes, please visit <https://www.sasp.co.uk/things-to-do>

Or email [healthenquiries@sasp.co.uk](mailto:healthenquiries@sasp.co.uk) or phone (01823) 653990.