

Get fit for free!

with **Active in Ashington**



Active in Ashington makes it easy and fun for you to get active by walking and cycling in friendly groups.

There's loads of regular activities—all are free and open to everyone.

Give it a try!

Just call **07876 231978** or **01670 524063** for more information, or email mark.curr@sustrans.org.uk



Led walks and rides

Join in with guided walks and rides each week. These are a great way to stay fit, lose lbs and have fun.

No Bike? No worries!

We have a stock of good quality bikes, buggies and equipment that we can lend to get you on the move!



Cycling skills

Been out of the saddle a while? We can help you regain your confidence on two wheels!



Training

Attend a maintenance training session and you'll learn simple ways to keep your bike in tip-top shape.



Registered Charity No. 326550 (England and Wales) SC039263 (Scotland)

Supported by

Northumberland  Care Trust


northern rock
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WANSBECK INITIATIVE
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LOTTERY FUNDED


sustrans
JOIN THE MOVEMENT

Active in Ashington

A. Are you interested in information about:

Walking Cycling Volunteering All

B. Your contact details

Name: _____

Address: _____

Tel. number: _____ Email: _____

We wish to do a follow-up survey about the project - may we contact you? Yes No

C. Physical activity survey

Definitions

Please tell us about your current level of physical activity:

1. In the past week, on how many days have you accumulated at least 30 minutes of physical activity?

(For example, 30 minutes playing football or three brisk walks lasting 10 minutes each).

Please circle

0	1	2	3	4	5	6	7
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2. In the past week, on how many days have you travelled in an active way for at least 10 minutes?

Please circle

0	1	2	3	4	5	6	7
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Physical activity is any activity which makes you feel warm and slightly out of breath e.g. walking briskly or cycling (for these purposes do not include physical activity that is part of your job).

Active travel means non-leisure journeys made in a physically active way. For example walking or cycling to work, to school, to visit friends or family or to do your shopping.

D. About you

1. Gender: Male Female 2. Year you were born:

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3. What is your nationality?

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I hereby consent to the information provided on this form to be processed by Sustrans for the purpose of monitoring the impact of their projects.

Signed _____ Date _____