

GO Active Gold

Helping rural villages
become more active



GO Active Gold encourages people in rural areas age 60 and over, to live more active lifestyles, by setting up more local physical activities that cater for all abilities.

Our project goals are:

- to improve the physical and mental wellbeing of older adults
- to encourage stronger community spirit by reducing loneliness and social isolation through participation in our activities
- to develop a sustainable physical activity programme through training and supporting more coaches and volunteers

With funding received from Sport England, we have employed rural Activators, to work in partnership with local communities to deliver a varied, inclusive and social physical activity programme.

PHYSICAL ACTIVITY RECOMMENDATIONS FOR OLDER ADULTS PER WEEK

- **Aim to be active daily**
- **150 minutes of moderate intensity exercise - enough to increase your breathing but able to talk OR**
- **75 minutes of vigorous intensity exercise**
 - **faster breathing making it difficult to talk**
- **On two days a week do exercises that improve balance AND strength**

Bowls, Keep Fit Classes, Nordic Walking, Pilates, Senior Circuits, Table Tennis, Tai Chi, Tennis, Yoga, Zumba Gold

Get involved:

- if you are a coach or instructor looking to set up new classes for older people
- if you would like to join an Active Thinking group in your area to help plan new activities
- if you would like to receive training to volunteer at one of many activities

Why your parish was chosen:

- We chose parishes according to population size (approximately 500 - 3000 residents)
- Each parish has at least 100 residents aged 60 and over
- Many of the chosen parishes offered little or no appropriate physical activities for older people

Our contact details:

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www.getoxfordshireactive.org/go-active-gold

GO Active Gold chosen parishes in South Oxfordshire and Vale of White Horse



- Aston Rowant
- Beckley and Stowood
- Berinsfield
- Binfield Heath
- Bix and Assendon
- Brightwell-cum-Sotwell
- Chalgrove
- Checkendon
- Clifton Hampden
- Crowmarsh
- Dorchester
- East Hagbourne
- Ewelme
- Forest Hill with Shotover
- Garsington
- Goring Heath
- Great Haseley
- Great Milton
- Harpsden
- Holton
- Horspath
- Kidmore End
- Lewknor
- Long Wittenham
- Moulsoford
- Nettlebed
- Nuffield
- Pishill with Stonor
- Rotherfield Peppard
- Sandford-on-Thames
- Shiplake
- South Stoke
- Stadhampton
- Stanton St. John
- Stoke Row
- Tetsworth
- Tiddington-with-Albury
- Warborough
- Watlington
- Whitchurch-on-Thames
- Woodcote
- Appleton-with-Eaton
- Ashbury
- Blewbury
- Buckland
- Childrey
- Chilton
- Drayton
- East Challow
- East Hanney
- East Hendred
- Fyfield and Tubney
- Harwell
- Kingston Bagpuize with Southmoor
- Letcombe Regis
- Longcot
- Longworth
- Marcham
- Milton
- Radley
- Shrivenham
- Stanford in the Vale
- Steventon
- Sunningwell
- Sutton Courtenay
- Uffington
- Upton
- Watchfield
- West Hanney
- Wooton