

## **NHS STAFF BID TO GET CITY ON THE MOVE**

ENERGETIC staff from Sheffield's four NHS Primary Care Trusts will be running the Sheffield half marathon on Sunday in a bid to encourage others to get active.

Simon Gilby, Chief Executive of Sheffield West PCT, Andy Buck, Chief Executive of North Sheffield PCT, Dr Jeremy Wight, Director of Public Health for North Sheffield PCT, John Soady who heads the Sheffield Stop Smoking Service and Lis Reid, Health Improvement Manager for North Sheffield PCT, will pull on their trainers in a bid to complete the 13 mile course on Sunday May 2<sup>nd</sup>.

They'll be meeting up with Richard Caborn, MP for Sheffield Central and Minister for Sport, at the start line to promote 'City on the Move' a new city-wide strategy which aims to get Sheffield residents more active.

Ruth Granger, physical activity lead for Sheffield West PCT, said: "You don't need to run the marathon to get active! Walking to the shops, kicking a football around with the kids or dancing are all great ways to enjoy a more active life. Gardening and walking also help raise the heart rate which boosts health - remember any exercise is better than none at all."

To improve health, doctors recommend taking up to 30 minutes of activity on five or more days of the week. Being physically active has a huge number of benefits including helping maintain a healthy weight and reducing feelings of anxiety or depression.

City residents can currently comment on the 'City on the Move' strategy, which highlights the range of different physical activities that can help improve health. From employers to schools and local dance clubs to major sporting venues everyone is being encouraged to help get Sheffield active.

The strategy is supported by Sheffield First for Health, a group of health experts made up of representatives from NHS agencies in Sheffield, Sheffield City Council, the community, voluntary and faith sectors and the two Sheffield universities. Its aim is to improve the health of those living and working in Sheffield.

Andy Buck, Chair of Sheffield First for Health, who is taking part in Sunday's race, said: "Currently only a third of the city's population are active enough to see the health benefits of physical exercise. That means two thirds of Sheffield residents are increasing their risk of heart disease, diabetes and some cancers."

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He added: "Lack of physical exercise and obesity are important public health issues which could have serious effects on the health our population if we don't address the problem now. I am, therefore, delighted to support the City on the Move Strategy and look forward to its implementation later in the year."

Sheffield residents are being invited to comment on the The City on the Move strategy produced by Active Sheffield – a multi-agency partnership which aims to boost physical activity levels in the city. To comment on the draft strategy visit [www.sheffield.nhs.uk](http://www.sheffield.nhs.uk). Once the document is finalised endorsement will be sought from the City Council, Primary Care Trusts and Sheffield First for Health.

#### **Notes to editors**

- Sheffield First for Health is a branch of the local strategic partnership, Sheffield First Partnership. SFfH is made up of representatives from agencies across the city including the Sheffield Teaching Hospitals NHS Trust, Sheffield Children's Hospital NHS Trust, Community Health Sheffield, the four city Primary Care Trusts, South Yorkshire Strategic Health Authority voluntary and community groups and the city's universities.
- The health of Sheffield's residents is an important part of Sheffield First Partnership's Strategy for the regeneration of the city. SFfH aims to improve health for all the city's residents and tackle health inequalities.
- Active Sheffield is the group which aims to increase levels of physical activity in the city. Different organisations and agencies are represented on this group including the four Sheffield NHS primary care trusts, the City Councils Sport and Community Recreation, Education, Transport Planning and Highways and Parks Woodlands and Countryside departments and local community and voluntary organisations.
- Department of Health guidelines state that the minimum physical activity to benefit health is activity which leaves you warm and slightly out of breath for 30 minutes on five or more days of the week. Brisk walking is one way to achieve this gardening and dancing as well as activities like swimming or cycling can all contribute. The 30 minute total can be accumulated from blocks of 10 or 15 minutes through the day.

**Ends**

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