

## Alternative options for getting active or losing weight in Camden

This information pack is for Camden residents who were participating or due to start an Exercise on Referral or Adult Weight Management programme. As the service is not currently available, this pack gives a range of different options for getting active, eating well and losing weight.

### Moving more in Camden

The [Ways to Move More in Camden](#) booklet is the **main source of information** on keeping active. It includes home-based exercise resources, activity finders, and information on being active with a specific health condition or disability. Please note that some activities may currently be affected by COVID-19 restrictions.

A range of local activities can also be found on the [Recommend Me](#) directory. Use **#cspavirtualhub** in the search box to find specialist physical activity sessions for older adults.

### Online exercise classes

There are a range of free online exercise sessions available, including:

- [Couch to fitness](#) helps you get active with a free 9-week home exercise plan and classes for beginners.
- [InstructorLive](#) has more than 800 workouts available. Access 10 on-demand beginners' programmes for free for 3 months.
- [Join the Movement](#) has a timetable of online classes to suit all ability levels.
- Download the [BETTER UK app](#) for free access to pre-recorded exercise classes. Enter **BETTERATHOME** as the Club Access Code.

### Free NHS weight loss plan

If you are looking to lose weight, the NHS has a free [12-week diet and exercise plan](#). It is full of healthy eating, diet and physical activity advice, and includes weekly challenges. The plan is available as an app or can be downloaded and printed from the website.

### Healthy eating

For some top healthy eating tips and guidance, plus some tasty recipes, [visit the NHS website](#).

Information and support is also available for the whole family:

- [Change4Life](#) is here to help you and your family be healthier and happier by eating well and moving more. The website includes a range of quick and healthy recipe ideas.
- [Families for Life](#) provides free healthy lifestyle and cooking programmes and sessions for families in Camden.