

# BBC Radio Shropshire Factsheet

## Fitness

Compiled July, 2004

Exercise is good for you – you know that, you've been told many times, so what's stopping you? Well, sometimes it doesn't seem to fit into your life, or perhaps you don't know where to go. It could be that you don't know what sort of exercise is right for your level of fitness.

Perhaps the easiest thing to start with is a brisk walk – just enough to make your heart beat slightly more quickly. You might not think this is much fun on your own, but there are various groups you can join, such as the **Severn Strollers** where you can walk your way to health while enjoying nature's free gym. Their walks are led by trained Walk Leaders and new walkers are very much encouraged to join. All you need is a pair of strong shoes.

For further information about the Severn Strollers please contact **Ruth Snaith**, Walking for Health Co-ordinator, Bridgnorth District Council on **01746 713190**.

You can find details of this and other walking groups on the **Walking the Way to Health Initiative** website at [www.whi.org.uk](http://www.whi.org.uk), or contact the local office on **01952 247161**.

The BBC is not responsible for the content of external websites.

If you want something more than a walk, but sport doesn't appeal to you, the British Trust for Conservation Volunteers have a **Green Gym** scheme. You can work your way to fitness through conservation activities like planting hedges or maintaining community gardens. Find out more at [www.btcv.org/greengym](http://www.btcv.org/greengym).

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At the moment there are no Green Gym activities in our area, but if you are interested in setting up a Green Gym in Shropshire or if you have suggestions for projects, contact Dave Jackson telephone: 0121 358 8003, email: [D.Jackson@btcv.org.uk](mailto:D.Jackson@btcv.org.uk) - and if you do that, we would be interested to hear. Call BBC Radio Shropshire Action Desk on 01743 499000.

But of course, there are all kinds of sporting activities that may be just what you need to have fun and get fit, so here are a few places to start looking.

Shropshire Sports Partnership website - [www.shropshireonline.gov.uk/sspart.nsf](http://www.shropshireonline.gov.uk/sspart.nsf)

"The best place to find out what is going on in youth sport in Shropshire."

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Sport England is an organisation that ensures communication between the many bodies providing sports facilities, so it is a good point of enquiry to find out what's going on wherever you may be. The Sport England web site is at [www.sportengland.org](http://www.sportengland.org)

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Or you can contact Sport England's West Midlands office at:

5th Floor  
No 3 Broadway  
Five Ways  
Birmingham  
B15 1BQ  
Tel: 08458 508 508

Of course all local authorities provide sports and fitness facilities. Here is a list of contact details:

**Telford & Wrekin Council**

Leisure, Culture & Community Services  
Civic Offices  
PO Box 211  
Telford  
TF3 4LA

Tel: 01952 202252  
Fax: 01952 290628

**Bridgnorth District Council**

Cultural Services  
Westgate  
Bridgnorth  
WV16 5AA

Tel: 01746 713191  
Fax: 01746 764414

**North Shropshire District Council**

Leisure and Amenities  
Community Services  
Edinburgh House  
New Street  
Wem  
Shrewsbury  
SY4 5DB

Tel: 01939 238475  
Fax: 01939 238444

**Oswestry Borough Council**

Oswestry Leisure Centre  
College Road  
Oswestry  
SY11 2SA

Tel: 01691 659349  
Fax: 01691 671007

**Shrewsbury & Atcham Borough Council**

Leisure Services  
Quarry Swimming & Fitness Centre  
Priory Road  
Shrewsbury  
SY1 1RU

Tel: 01743 358657  
Fax: 01743 358681

**South Shropshire District Council**

Environment and Development Dept  
Stone House  
Corve Street  
Ludlow  
SY8 1DG

Tel: 01584 813332 / 3  
Fax: 01584 872971

**Shropshire County Council**

Sport and Recreation Service  
Column House  
7 London Road  
Shrewsbury  
SY2 6NW

Tel: 01743 255071  
Fax: 01743 255050