A close-up, low-angle shot of a person's legs and feet walking on a treadmill. The person is wearing dark-colored athletic shoes with white soles. The background is heavily blurred, showing the interior of a gym with bright lighting and structural elements, creating a sense of motion and speed. The overall color palette is warm, with yellows and oranges from the gym lights, and cooler tones of blues and greys from the treadmill and background.

The idea- the plan.

# Indoor Walking



# **Inclusive**

- Residents living with a Long-Term Health Condition and, or a Disability.
- Residents with Mobility Issues.
- Residents who needs social interaction.
- Carers and housebound residents.

# **Somercotes Parish Hall**

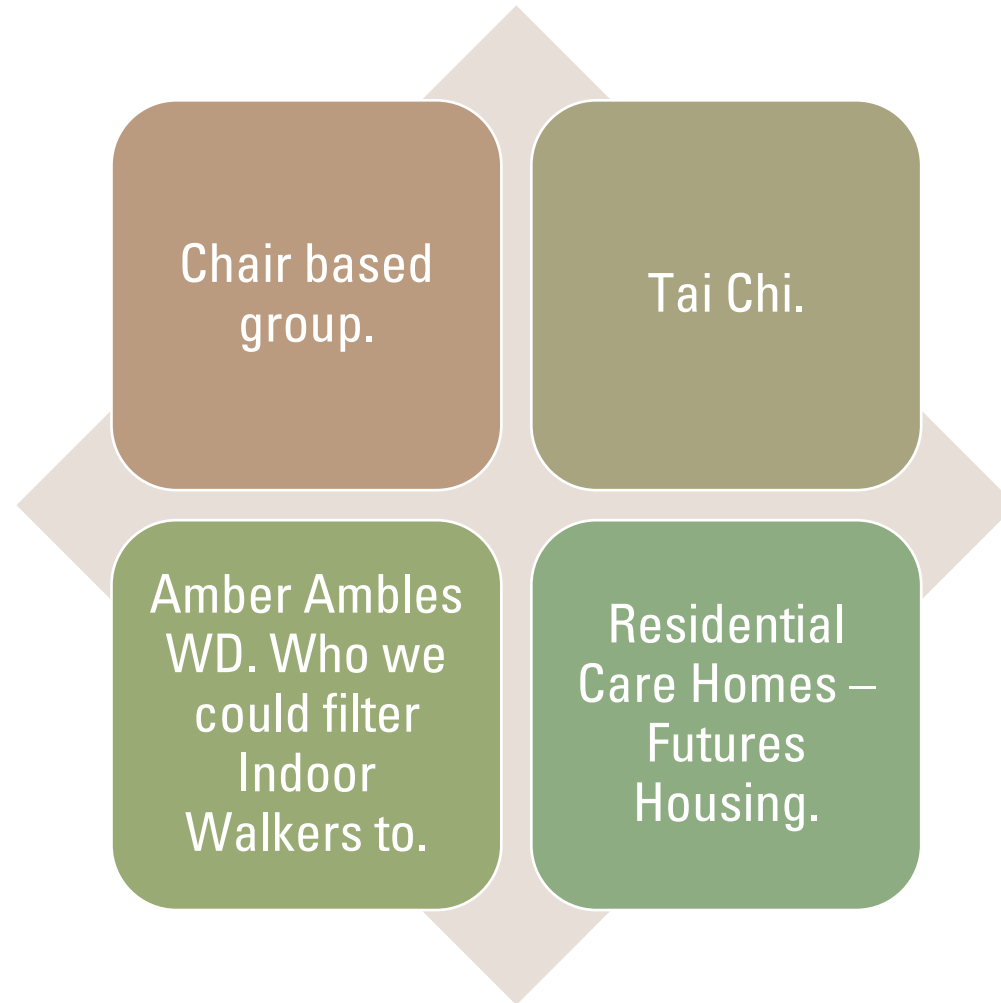
Heart of Somercotes.

On a Major Bus Route.

Ample Parking.

Accessible - Inclusive

# Who we could run some trials sessions for?



# The Activity

Can be Chair-based or Supported.

Flat even surface and places to rest.

Confidence building.

Steppingstone to Walking Outside.

Virtual option – for Housebound.

Social Option – Tea/Coffee and chats.

Tiers to Walking.

# Get Residents Active



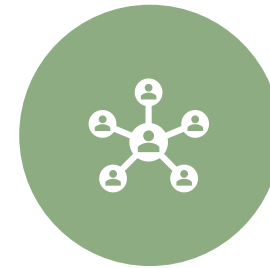
IMPROVE  
HEALTH.



GET RESIDENTS  
OUT AND ACTIVE.



IMPROVE  
MENTAL HEALTH.



SOCIAL  
ENGAGEMENT.





**The Session Plan.**

**Mainly walking on the spot with some walking around the room.**

**Standing, using chair to stabilize or seated.**

**Confidence building.**

**30 – 40 minutes with added social aspect.**

**3 x 10-minute blocks.**

**Strengthening session.**


**Afternoon slot preferable.**

# Considerations & Questions

Enables wider engagement across the community with those unable to readily access services.



Drives local participation via word of mouth and social community.



What are people's thoughts and opinions ? Where are the challenges , where are the opportunities?



**Thank you for your  
thoughts**



Karen Rhodes