

## Working in Partnership

Active Steps aims to help as many people as possible to make positive lifestyle changes which will benefit their physical and mental health, save them money, and help the environment in the process.

We recognise that the most effective way to achieve this is to work alongside local organisations, businesses and schools. We always look to encourage people to access services already available in their local area.

By working in partnership with local organisations we aim to make Tamworth a happier, healthier community.

Some of our partners include:

Staffordshire County Council  
Tamworth Borough Council  
Active Tamworth  
Healthy Tamworth  
Dave Owen Community Cycles



## Act Now

There are a limited number of spaces available on each 12 week programme so places will be allocated on a first come first served basis. Get in touch with Dan to register and book your place.

## For more information

**Contact** - Dan Smith (Project Officer)

**Email** - dan.smith@sustrans.org.uk

**Tel** - 07824 664 445



# The Active Steps Project Tamworth

**JOIN THE MOVEMENT**

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day.

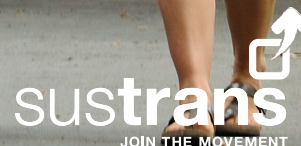
It's time we all began making smarter travel choices. Make your move and support Sustrans today.

[www.sustrans.org.uk](http://www.sustrans.org.uk)



Sustrans is a Registered Charity in the UK No. 326550 (England and Wales) SCO39263 (Scotland)

Delivered in partnership with



## What is Active Steps?

The Active Steps project supports people through a FREE health-focused programme that encourages physical activity through walking & cycling. Participants are able to access group and one-to-one activities as well as information, advice and equipment that enable them to walk or cycle more often for short everyday trips.



## What does it involve?

**12 week Programmes which include:**

### **1 to 1 advice and support**

- Goal Setting
- Help to overcome barriers preventing activity
- Bike / Walking buddy

### **Pre / Post Health Checks**

### **Organised activities**

- Walks
- Bike Rides
- Social Events

### **Use of equipment**

- Bicycles
- Fit bit (activity trackers)
- Pedometers

## Eligibility

Active Steps is for those over 16 years of age who live or work in the Tamworth area and meet one or more of the criteria below:

- Have low levels of physical activity
- Any Physical or Mental Health issues
- Regularly use a car for short trips (under 5 miles)

## No Pressure

Whether you would like one-off advice or want to take part in the full 12 week programme Active Steps is here to support you. There will be no pressure to do any more than you are willing to or have time for.

## Delivered by

The Active Steps Project is delivered by Sustrans and co-ordinated by Dan Smith, health & fitness expert and former Royal Marines Commando. Dan is a fully qualified, registered and insured Master Personal Trainer.



## How can this be free?

The Active Steps project is funded by the government. The Department for Transport has awarded funding to Staffordshire County Council through the LSTF (Local Sustainable Transport Fund). The aim is to boost economic growth, reduce carbon emissions, improve air quality and encourage higher levels of cycling and walking to improve public health in Tamworth.

## Active Steps aims

1. Increase levels of walking and cycling
2. Improve Health and Well-being
3. Promote active travel and its benefits

**Physical activity**

**Health and fitness**

**Wellbeing**

## Key Dates

### **Programme 1**

11th May 15  
to  
02th Aug 15

### **Programme 2**

07th Sept 15  
to  
29th Nov 15

### **Programme 3**

04th Jan 16  
to  
27th Mar 16