

WEEKLY BULLETIN – BEING ACTIVE MATTERS

Tips for Staying Active and Informed (29/04/2020)

Out and About

REMEMBER -YOU SHOULD ONLY LEAVE HOME FOR ONE OF THE FOUR REASONS GIVEN UNDER THE RESTRICTIONS ISSUED ON MONDAY 23RD MARCH 2020. YOU SHOULD MINIMISE THE AMOUNT OF TIME SPENT OUTSIDE OF YOUR HOME AND KEEP TWO METRES (6FT) AWAY FROM PEOPLE YOU DON'T LIVE WITH

Bird Song

Now is an opportunity to engage with our wildlife and perhaps the easiest way to do this is to spot the birds in our gardens and countryside. April is a good time to do this with many birds egg laying and the explosion of birdsong as the spring reaches towards May.

To help identify birdsong, go to the RSPB website and the podcast of Simon Barnes's book: Birdwatching with Your Eyes Closed.

www.rspb.org.uk

Getting Active

REMEMBER – YOU CAN TAKE EXERCISE ONCE A DAY – BUT EITHER ALONE OR WITH OTHER HOUSEHOLD MEMBERS (FOLLOW SOCIAL DISTANCING RULES)

The Great North Run

At present the Great North Run on Sunday 13 September is scheduled to go ahead as planned, but this will be regularly reassessed over the coming weeks and participants updated as a priority if anything changes. www.greatrun.org/great-north-run

FUNDRAISING CHALLENGES

A number of exciting 'challenges' are appearing. These offer the opportunity to raise much needed funds for an array of charities and good causes and also an opportunity to benefit from being physically active in the process of supporting them.

Without prejudice, the following offer a variety of ways in which to become engaged:

The 2.6 Challenge

A challenge has been set up to run from the date of this year's London Marathon, Sunday 26th April.

The campaign, The 2.6 Challenge, will launch on Sunday 26 April – what should have been the date of the 40th edition of the London Marathon.

From Sunday 26 April, the public is asked to dream up an activity based around the numbers 2.6 or 26 and fundraise or donate to save the UK's charities.

The 2.6 Challenge is open to anyone of any age – the only requirement is that the activity must follow Government guidelines on exercise and social distancing. It is designed for

people to take part in activities based around the numbers 2.6 or 26 and raise money for charity.

You can run or walk 2.6 miles, 2.6km or for 26 minutes. You could do the same in your home or garden, go up and down the stairs 26 times, juggle for 2.6 minutes, do a 26 minute exercise class or get 26 people on a video call and do a 26 minute workout – anything you like. www.twopointsixchallenge.co.uk

Cycling

Some of the cycling sportives that have been cancelled/rescheduled this year are hosting virtual events to raise funds. Check out the Etape Caledonia which is hosting an 85 mile virtual vent (it is recommended that this is spread over the month of May) to raise funds for the NHS and Marie Curie. www.etapecaledonia.co.uk

Rapha, a leading international retailer of quality cycle wear (and cycling club) have combined forces with ZWIFT. Zwift is one of the world's most popular multiplayer online cycling and running physical training programmes which enables users to interact, train and compete in a virtual world.

They are hosting a 'Tour For All' from May 4-30. This is to help raise funds to support Medecins Sans Frontieres (Doctors Without Borders) COVID-19 Crisis Fund. This is probably best suited to those who already cycle (indoor) or who take spinning classes. Keep an eye on their website for further details. <https://www.rapha.cc>

Multi Sports

There are also commercial companies such as Conqueror Events/My Virtual Mission which offer the opportunity to partake in a virtual event across an iconic setting/destination (eg Land's End to John O Groats, The Grand Canyon, Route 66, or even Hadrian's Wall). These can be undertaken across a broad spectrum of activities including running, walking, swimming and cycling within a time schedule to suit the participant. An entry fee is applicable.

NB These are not charity events, although participation can be directly linked to a fundraising activity. <https://www.theconqueror.events>

Sing-a-long

Singing might not be an obvious activity to consider in relation to physical activity but it does burn calories. Whilst singing you use the abdominal muscles for exhalation and the diaphragm for inhalation, engaging muscles to boost your metabolic rate and burn calories.

Alzheimer's Society invites everyone to warm up their vocal chords, try out some scales and unite with people with dementia for a broadcast of a virtual Singing for the Brain session live on Facebook on Thursday 30 April at 3pm. <https://www.alzheimers.org.uk/news/2020-04-23/alzheimers-societys-singing-brain-goes-virtual-inviting-uk-join-and-sing-people>

Sport to view

Due to the Corona Virus outbreak virtually all sporting events have been cancelled or rescheduled.

Currently the main national/international sporting events are subject to the following changes:

Football

The 2019-20 season of the Premier League, Women's Super League and English football Leagues are all suspended. In Scotland the leagues outside the Premiership, which is also suspended, have ended their seasons.

Cricket

The England and Wales Cricket Board announced last week that the sport remains suspended until July 1st at the earliest.

Tennis

The Wimbledon Championships 2020 have been cancelled. The 134th Championships will instead be staged from 28 June to 11 July 2021. For those tennis fans out there, the Wimbledon website is well worth a visit and it also features interactive activities to enjoy; www.wimbledon.com

Athletics

The Tokyo Olympics have been suspended until 2021, while the London Marathon which was due to take place last Sunday has been rescheduled to October. There is the possibility that the Marathon may be restricted to elite athletes.

See also The Great North Run – *Getting Active* (above).

Cycling

Initially scheduled to take place from the 27th June to the 19th July, the Tour de France has been rescheduled to take place from the 29 August to the 20 September 2020. The women's event will also be rescheduled to take place then.

The **Tour of Britain**, the UK's most prestigious cycle race, is scheduled to place between Sunday 6 - 13 September 2020, starting in Cornwall and finishing in Aberdeen

Rugby Union

Premiership clubs are hoping to return to competitive action on the weekend of the 3-5 July.

Motor Racing

The first nine races of the Formula One season have been cancelled with the British Grand Prix now rescheduled to take place in July.

Golf

The Open Championship which was due to be held in Kent in July has been cancelled. The three other men's majors are now due to take place later in the year, including the US Masters which is planned for November.

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