

Levels of activity



INACTIVE

FAIRLY ACTIVE

ACTIVE

LESS THAN 30 MINUTES A WEEK

30-149 MINUTES A WEEK

150+ MINUTES A WEEK

25.2%

12.5%

62.3%

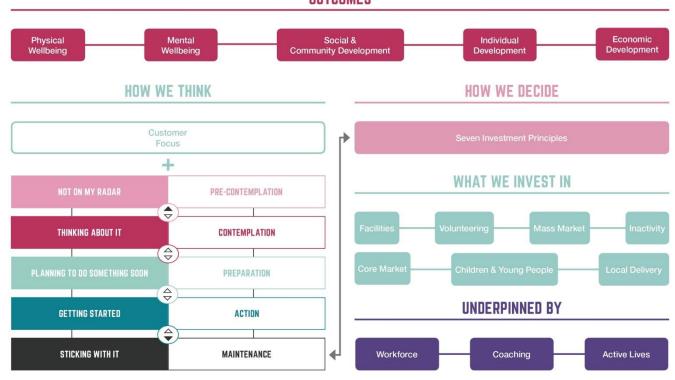
25.2% of people (11.3M) do less than 30 minutes a week

12.5% (5.6M) are fairly active but don't reach 150 minutes a week

62.3% (28.0m) do 150 minutes or more a week

SPORT ENGLAND STRATEGY:TOWARDS AN ACTIVE NATION

OUTCOMES

















Look at environments collectively



Neighbourhoods



Walkability

- Compact neighbourhoods
 - Increased housing density
 - Good street connectivity
 - Co-location
 - Mixed land use
 - Public transport links



Streets & Active Travel • Active travel infrastructure

• Public transport provision

- Street connectivity
- Road safety and road calming measures
- Exposure to air pollution



Blue & Green Spaces Walkability

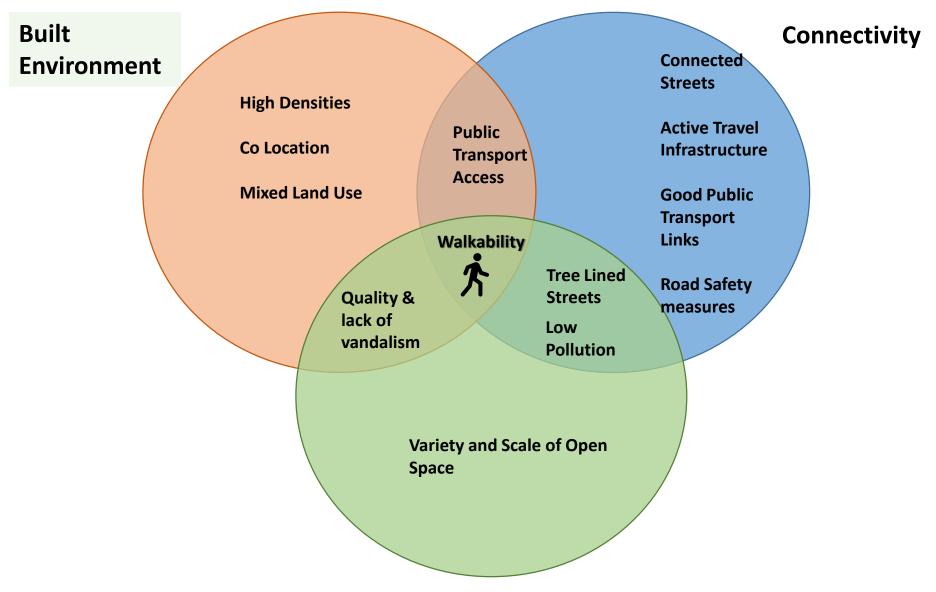
- Green infrastructure
 - Parks and open spaces
 - Routes and pathways
- Reduce air/noise pollution





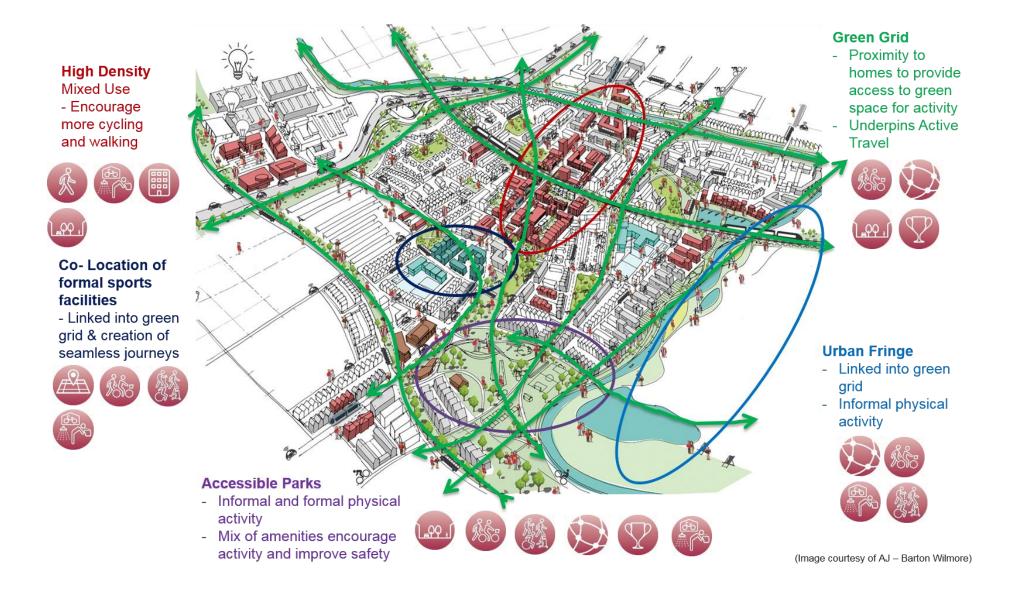


The Environmental conditions that generate physical activity



Natural Environment

Active Environments – In Practice









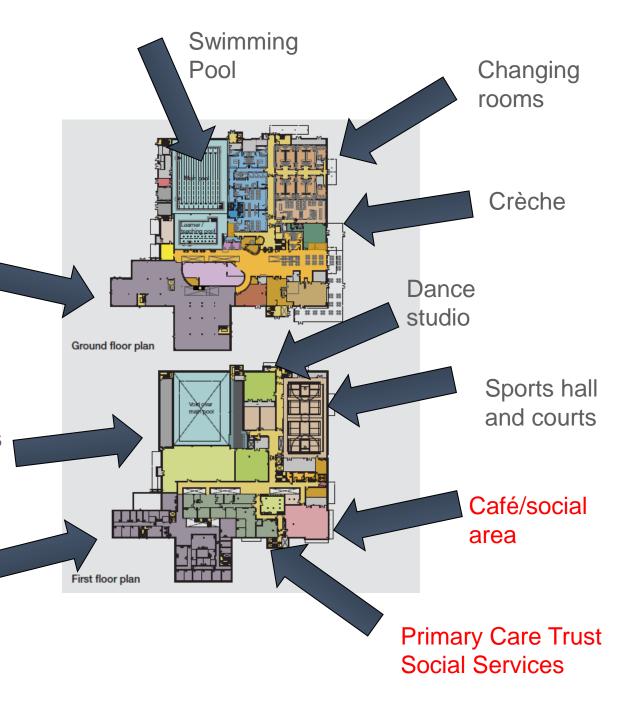
Greater range of facilities – more engagement and use

Library

Extensive outdoor facilities

Gym / fitness suite- with wellbeing assessments

GP Practice



Creating a sporting habit for life

ORFORD JUBILEE PARK

WARRINGTON

Status: Completed 2012

Client: Warrington Borough Council

Operator: LiveWire Value: £28 million



Orford Jubilee Park is the biggest Olympic legacy site outside London. It represents the culmination of a 15-year project to develop a flagship community, leisure, health and education centre for Warrington. Officially opened by HRH Queen Elizabeth II on 17 May 2012, it is the first example of a sustainable community sports hub.

The project was developed through a unique partnership involving over twenty national, regional and local funding partners from the public, private and voluntary sectors and the 25-year lifecycle costs will be met from the Community Investment Fund.

Situated on a former landfill site next to a Victorian park, the development includes the private sector Decathlon retail unit and provides externally-lit pathways around the outdoor sports facilities and park.



Visitor numbers for the new 'Hub' building are three times higher than the leisure centre it has replaced. Compared to the previous year, there has been a sevenfold increase in the numbers joining the library.

Unique Features

The project is situated in a newly-created community park that is easily accessed from a number of established routes used by the wider community. It co-locates a variety of high-quality indoor and outdoor leisure facilities with a range of additional community services. This promotes inclusive and social regeneration on a single site in line with Warrington's regeneration strategy.



Indoor leisure facilities include an 8 lane 25 m competition pool, a 15 x 9 m teaching pool with movable floor, two dance studios, a 4 court sports hall, an activity hall and a 90 station health and fitness gym. The community facilities comprise an education unit, a library, three GP surgeries, a Primary Care Trust (PCT) lifestyles team and a central café area with views on to the rear sports fields.



Outdoor leisure facilities include a full-size floodlit artificial football pitch, an enclosed five-a-side *Powerleague* centre, flat green bowls, a BMX and skateboard park and a campus-wide trim trail.





Conclusion

- Strategy is showing a wider impact of Sport and Physical Activity.
- Place is a significantly huge element.
- Active Environments is the approach we would like to see adopted.