



**GET ACTIVE,  
GIVE IT  
A GO!**



# Join us to Celebrate International Day for Disabled People at **Unitas Youth Zone**

**DATE:** Sunday 7 December  
**TIME:** 10:00am to 2:00pm  
**LOCATION:** 76 Montrose Avenue, HA8 0DT  
*The building is fully accessible.*

Enjoy performances, dance workshops, a disco,  
games, fun activities, music and more.

There is something for everyone  
of all ages to **GIVE IT A GO!**

Hot meal and drink:  
£1 for Unitas members £3 for visitors.  
You can also bring a packed lunch.



**unitas**  
An **OnSide** Youth Zone



Caring for people, our places and the planet

[www.better.org.uk/fab-hub](http://www.better.org.uk/fab-hub)  
[sport@barnet.gov.uk](mailto:sport@barnet.gov.uk)

**BARNET**  
LONDON BOROUGH

# HOW ACTIVE SHOULD WE BE?

Chief Medical Officer Physical Activity Guidelines



5-18 years  
at least 60  
minutes of  
moderate  
to vigorous  
intensity  
activity  
each day

19-64 years at  
least 150 minutes  
of moderate  
intensity activity,  
or 75 minutes of  
vigorous intensity  
activity each  
week

65+ years  
aim to  
accumulate  
at least  
150 minutes  
of moderate  
intensity  
activity,  
or  
75 minutes  
of vigorous  
intensity  
activity each  
week, if  
already active

ALL  
FORMS OF  
MOVEMENT  
COUNT

Remember, it doesn't matter how you choose to be active; any physical activity is better than none and what's important is that we move more and spend less time sitting still.

**Moderate intensity** activity will cause you to get warmer, breathe harder and get your heart beating faster, but you should still be able to hold a conversation. **Vigorous intensity activity** requires a larger amount of effort and will feel harder to complete.



GET ACTIVE AND  
GIVE IT GO -  
VISIT THE FIT &  
ACTIVE BARNET  
HUB TODAY!

The Hub will help you to:

- Find a local activity
- Sign up for a **FREE** Fit & Active Barnet Card to access discounts and benefits
- Find out about local health initiatives such as Weight Management programmes
- And more!

[www.better.org.uk/fab-hub](http://www.better.org.uk/fab-hub)

## Register for your **FREE** Fit & Active Barnet Card



Barnet residents are eligible to register for a **FREE** Fit & Active Barnet Card which offers discounts and benefits across Barnet Better Leisure Centres and activities within the community.

Register at [www.better.org.uk/FAB-Card](http://www.better.org.uk/FAB-Card)