

00:01

when we move we're stronger

00:03

we're stronger as individuals physical

00:06

activity

00:07

keeps us healthy it improves our mental

00:09

health

00:10

it can help reduce our risk of

00:11

developing long-term conditions

00:13

help us to stay independent for longer

00:16

and it improves our confidence

00:18

and self belief and we're stronger

00:20

collectively

00:22

it can bring us together reducing social

00:24

isolation

00:25

and helping to build trust and

00:27

relationships within our communities

00:30

more people active can help reduce the

00:32

strain and demand on our health care

00:33

system

00:35

that's why we're here to address

00:37

inequalities in physical activity levels

00:39

in calderdale

00:40

the conditions that support people to

00:42

move and be active

00:43

aren't shared equally across society

00:46

we'll work to create these conditions

00:47

for everyone

00:48

especially those who benefit most from

00:50

moving more

00:51

to do this we'll surround the issue by

00:54

working with the assets in our community

00:56

to embed moving

00:57

and being active as part of what they do

01:00

these assets

01:00

are health and social care workplaces

01:03

educational establishments

01:05

voluntary and community sector sport and

01:08

leisure

01:09

the built environment parks and green

01:11

spaces

01:12

walking and cycling infrastructure and

01:14

local residents

01:17

together we'll work to create policies

01:19

working practices

01:21

and delivery that provide individuals

01:23

with the motivation capability and

01:25

opportunity

01:26

to be active we can create better

01:28

connections between our systems

01:30

in order to collaborate to support

01:32

people to be active

01:33

and will develop and deliver with input

01:36

from the community

01:37

ensuring that the people we're

01:38

supporting can shape their own path to

01:40

being active

01:42

when we all pull together it'll result

01:44

in moving and being active

01:45

being an embedded part of day-to-day

01:47

life for everyone in calderdale

01:50

can you play your part in helping create

01:52

conditions so that everyone in

01:53

calderdale feels like they can and want

01:55

to move more and be active

01:57

to see who's already playing their part

01:59

and to get involved

02:01

visit [www.active.calderdale.gov.uk](http://www.active.calderdale.gov.uk)