

GET MOVING RADCLIFFE FUND

2020 – 2021

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active

Sit Less

Build Strength

Improve Balance

VIGOROUS

MODERATE



RUN



WALK



TV



GYM



DANCE



SPORT



CYCLE



SOFA



STAIRS



SWIM



COMPUTER

BREAK UP SITTING TIME

MINUTES PER WEEK

75 OR **150**

VIGOROUS INTENSITY

(BREATHING FAST
DIFFICULTY TALKING)

MODERATE INTENSITY

(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH



Get active

(action creates motion)

Funding Information:

The total amount available is £10,000 on the following basis:

Voluntary and Community Groups - £5,000.
Schools - £5,000

Voluntary/Community Groups/Individuals:
apply for up to £500

Groups working in partnership with others
Applications May apply for up to £1,500 per
application.

Schools up to £1,000 and must show
community involvement.

Who can Apply:

Available for groups that contribute to encourage people to move more to improve the health and wellbeing of people within the Radcliffe area. Activities should be community led and demonstrate that they help people to help themselves to be more Active.

How to apply:

Applications can be submitted anytime in writing or a short 5 minute video. Before submitting an application please download the investment criteria which is available via our website or an email request to admin@buryvcfa.org.uk or www.buryvcfa.org.uk