



Getting Manchester Moving is a citywide initiative designed to raise awareness about the importance of physical activity, its benefits and where these activities can be accessed as well as about healthy eating and weight management. The project is funded by the Football Foundation, and supported by Manchester City Football Club's registered charity City in the Community, Manchester City Council and Manchester Public Health Development Service.

The campaign has pulled together, under one banner, information about a range of health provisions from across the city – making it simple and easy for people to access. The project involves the use of the Manchester Community Health Trainers scheme, which sees members of the community provide one to one support to help people take the first steps to becoming more active and eating more healthily.

Getting Manchester Moving has a range of new activities for 2008 including:

- healthy lifestyle programme
- match day activities
- supermarket challenges
- work based fitness sessions
- dads and lads
- tai chi for women
- activity days at the City of Manchester Stadium
- women and girls
- over 50s

For more information please see [www.gettingmanchestermoving.org](http://www.gettingmanchestermoving.org) or you may visit your local Manchester pharmacy or library and look for 'Health Matters'. You may also contact City in the Community on 0161 438 7711.

