

Everyday Active: A Free Tool to Support Your Work

Yasmin Hosken – Everyday Active Officer

Michelle Bird – Health & Wellbeing Officer

October 2026



What will we be covering today?

A brief look at physical activity

What is Everyday Active

Using Everyday Active in your work

“If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.”

Chief Medical Officer 2019



What is physical activity?



Walking or
wheeling



Gardening



Dancing



Yoga



Swimming



Jogging



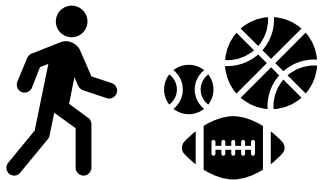
Wheelchair Sports



Household
chores



Cycling



Walking Sports

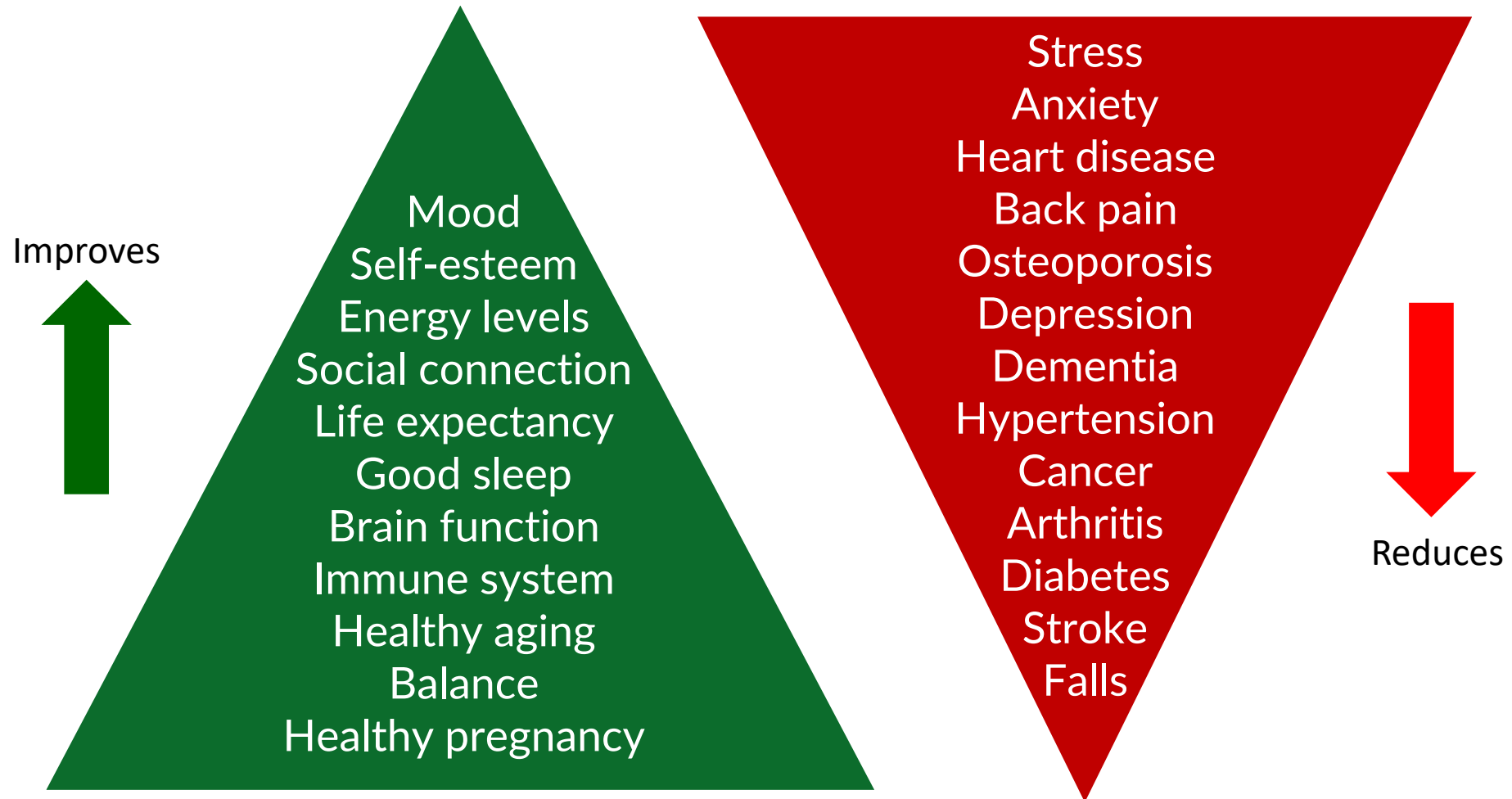


Hiking



Chair based
exercise

The benefits of physical activity



What is Everyday Active?

Our flagship campaign to help more people find more ways to be active

- Website
- Everyday Active Champions
- Everyday Active Ambassadors
- Workshops
- Activity Finder
- Activity Challenges
- Resources and promotional events

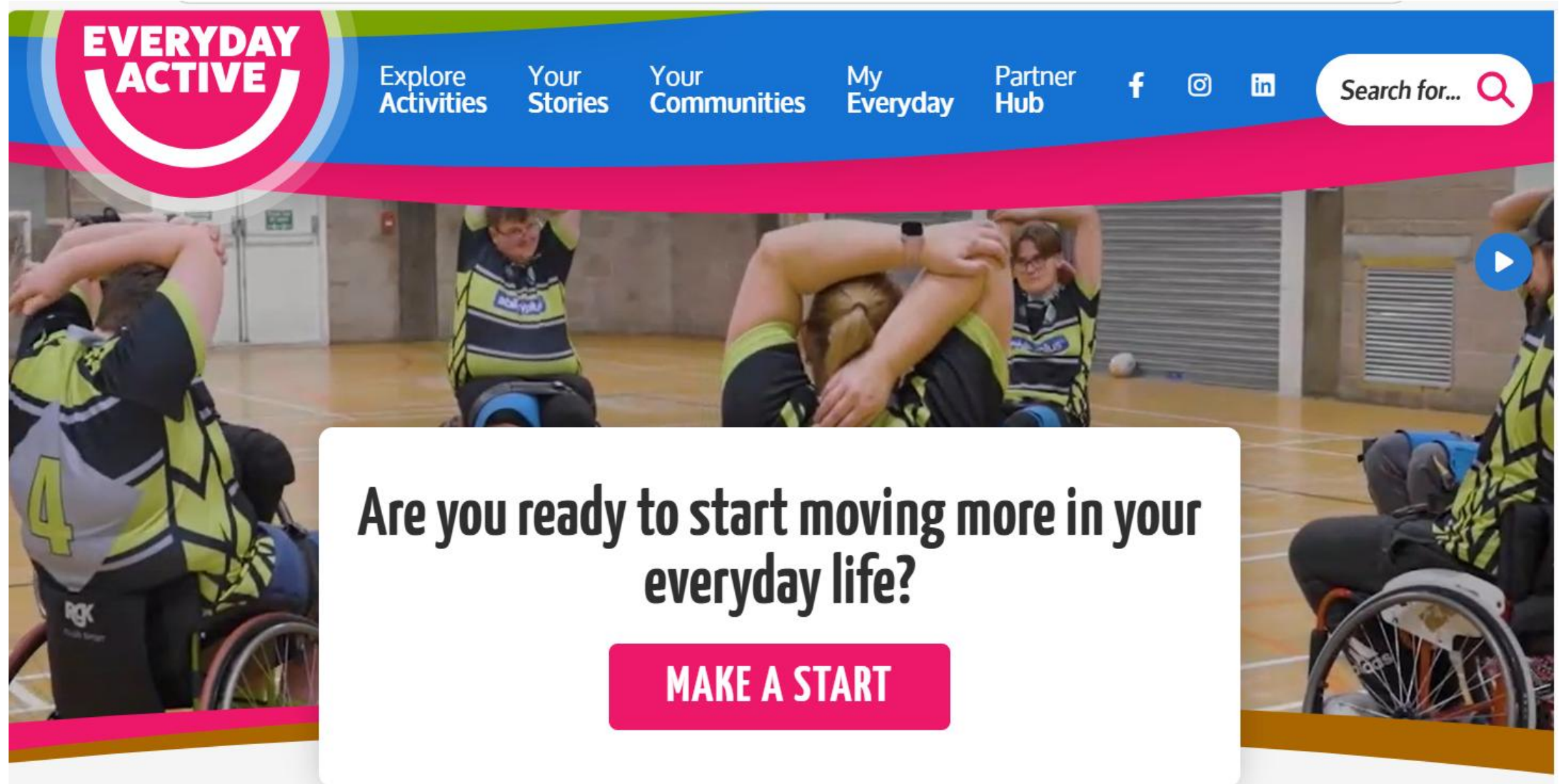


Champion quote – *“I love my champion role because it is so diverse and it allows me to support my local area, clubs, services and residents to help more people become more active, more often.”*

Workshop delegate quote – *“The workshop reminded me how important it is to talk about physical activity – and it’s motivated me to do more myself.”*

Challenge participant quote - *“Everyone loves some friendly competition, but all light-hearted which made it fun. It was nice to see written down how much I was actually doing, often without even realising.”*

Everyday Active website



Explore Activities

It doesn't matter if you're totally new to this or you're just looking for a new challenge – there's something here for everyone. We can help you find the perfect activity for your experience and confidence levels, as well as activities that fit in around your everyday life.

Click an activity below to start your Everyday Active journey.



Walking



Running



Cycling



Home & solo exercise



Group exercise



Swimming



Sports



Active days out

Communities



Ashford

Take a look at Ashford's local page to find ways to be active and meet Maria, Ashford's Everyday Active Champion.



Maria

READ MORE

SAVE THIS ITEM



Canterbury

Take a look at Canterbury's local page to find ways to be active and meet Caroline, Canterbury's Everyday Active Champion.



Caroline

READ MORE

SAVE THIS ITEM



Thanet

Visit our Thanet page to take a look at activities in your area, and find recommendations from Chloe, our Thanet Champion.



Chloe

READ MORE

SAVE THIS ITEM



Tonbridge and Malling

Take a look at our local page for Tonbridge & Malling to find activities to do across the area, and meet Tillie, the local Everyday Active Champion.



Tillie

READ MORE

SAVE THIS ITEM



Ebbsfleet

Take a look at Ebbsfleet's local page to find ways to be active and meet Piyush, the Everyday Active Champion for Ebbsfleet.



Piyush

READ MORE

SAVE THIS ITEM



Folkestone & Hythe

Take a look at Folkestone & Hythe's local page to find ways to be active and meet Marketa, the Everyday Active Champion for Folkestone & Hythe.



Marketa

READ MORE

SAVE THIS ITEM



Gravesham

Take a look at Gravesham's local page to find ways to be active and meet Sam, Gravesham's Everyday Active Champion.



Sam

READ MORE

SAVE THIS ITEM



Medway

Take a look at our local page for Medway to find activities to do across the area, and meet Brad, Medway's local Everyday Active Champion.



Brad

READ MORE

SAVE THIS ITEM

Everyday Active Champions

Case Study: Marketa, Folkestone & Hythe Champion – volunteer

- Founder of Moving with Markie and passionate advocate for active lifestyles.
- Promotes the Everyday Active campaign across Folkestone & Hythe.
- Updates local activity opportunities on the community page and supports social media promotion.
- Works with local events, organisations and residents to encourage physical activity and wellbeing.
- Helps increase access to inclusive and affordable opportunities to be active.
- **Impact:** Strengthening community connections and helping more people become active

Everyday Active Ambassadors

Case Study: Local resident, Shan

“Having attended a conference focusing on trying to encourage people of Thanet to get more active **I now find myself being signed up as a volunteer at Birchington Library so I can act as a source of information regarding activities available**, both in Birchington and across Thanet. Our plan is that **I will be in the library foyer on a fortnightly basis with information so I can chat with people as they come and answer any queries they might have.**”

- Holds sessions on alternate weeks in the library
- Helped two ladies join a local walking netball session
- Spoke with a gentleman living a local care home who is concerned the residents aren't doing enough activity
- Helping a lady who would like to do more activity but is experiencing a barrier
- Identified a gap in activities on the local page for the age group between young family and older people



How it works

You can save anything that interests you – from activities and stories to hints and tips.

Please note: saved items are saved to a cookie on the device you are using. No account is required to access these.

1

Save things for later

You can save your searches (on your device) as well as individual items that interest you here.

2

Make a plan

Use your saved activities to make a personal plan for the week. Creating a plan couldn't be easier.

3

Share items

You'll be able to share your saved searches, saved items, and your plan via email.

Partner Hub

www.everydayactivekent.org.uk



Funding Opportunities

Grants to help local organisations and clubs deliver physical activity projects and/or develop local workforce with relevant qualifications.

[READ MORE](#)
[SAVE THIS ITEM](#)


Training Opportunities

Face to face and online courses to develop your knowledge, skills and confidence to have conversations with others to help get more people, more active.

[READ MORE](#)
[SAVE THIS ITEM](#)


Partner Resources – Health condition specific

Advice, support and resources to help people with a specific health condition to become more physically active.

[READ MORE](#)
[SAVE THIS ITEM](#)


Partner Resources – Disability specific

Advice, support and resources to help people with a specific disability to become more physically active.

[READ MORE](#)
[SAVE THIS ITEM](#)


Free Resources

Download Everyday Active resources or request FREE physical copies in the post.

[READ MORE](#)
[SAVE THIS ITEM](#)


Local Network – Live Longer Better

A revolution is underway in Kent and Medway to enable people to live longer better. Whether you're a strategic lead or a front-line worker providing services to older people, you're invited to join the Live Longer Better Network.

[READ MORE](#)
[SAVE THIS ITEM](#)


Local Campaigns

Links to campaigns, projects and initiatives working across our county to help people be more active.

[READ MORE](#)
[SAVE THIS ITEM](#)


Physical Activity Guidelines

Find out how much activity is enough in order to benefit your overall health.

[READ MORE](#)
[SAVE THIS ITEM](#)


Partner Resources

This library of resources organises the evidence and contains the knowledge that is needed to encourage people to move more in their everyday lives.

[READ MORE](#)
[SAVE THIS ITEM](#)


National campaigns

Links to national campaigns which have information and resources to help you encourage more people to be active.

[READ MORE](#)
[SAVE THIS ITEM](#)

Everyday Active Resources



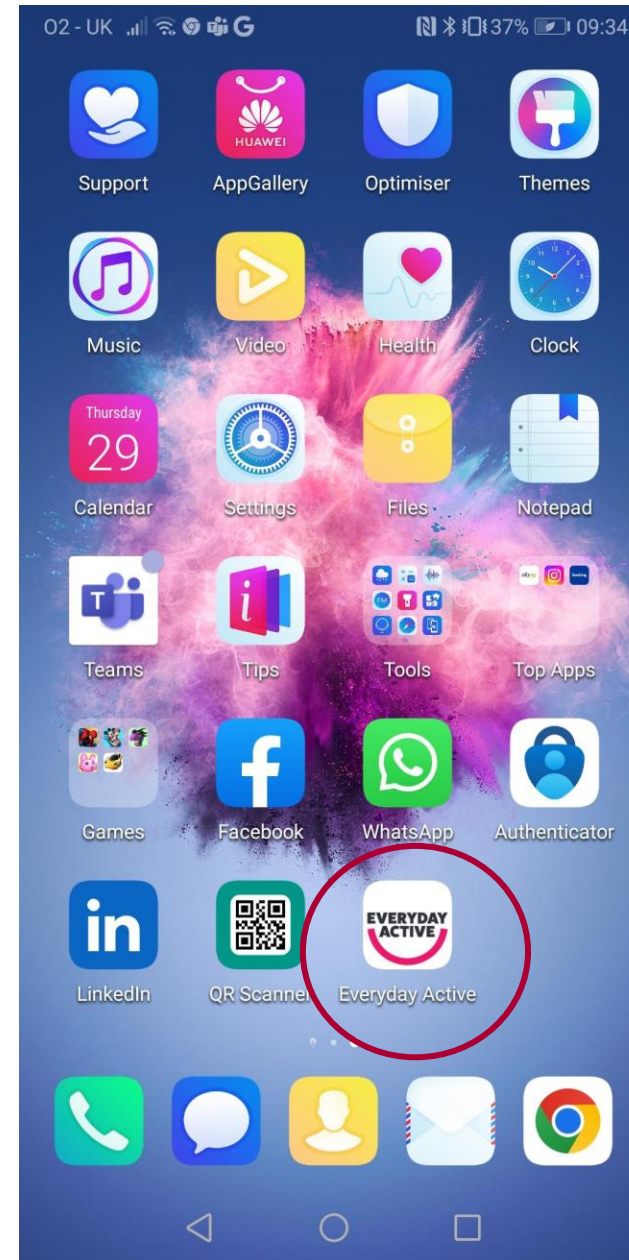
Posters, z-fold cards, postcards, resistance bands & how-to sheet, strength balls, stickers

Everyday Active – Web App

Install our app on your iOS device

To install our web app on your iOS device, follow the simple steps below:

1. Tap the share icon () located in the address bar to open the share menu.
2. Tap 'Add to Home Screen'. The Add to Home dialog box will appear.
3. Enter the name for the shortcut using the on-screen keyboard and tap 'Add'.
4. And you're done. Your browser will close automatically and you will be taken to where the app is located on your device.



Install via Android

- Visit the website on your device
- Click install when the pop up occurs
- The App is then installed on your phone

Everyday Active Training opportunities

[Everyday Active workshop](#) – best for health professionals and system partners

Next open workshop: [Tuesday 10 November 2026, 14:00 – 15:00](#)

Everyday Active Ambassadors – best for community facing workers and volunteers

[Live Longer Better Network](#) – best for those working with 50+

Everyday Active – coming soon!

EVERYDAY
ACTIVE
YOUNG PEOPLE

THINGS TO DO NEAR ME YOUR STORIES

Find activities...

ACTIVE. FUN. TOGETHER.
Find Your Everyday Active.

EVERYDAY
ACTIVE
YOUNG PEOPLE

THINGS TO DO NEAR ME YOUR STORIES

Find activities...

THINGS TO DO

You've told us you feel like doing some outdoors activities, in Medway this weekend.

FIREFIELDS
GYMNASTICS
SESSIONS

Gymnastics, parkour, circus skills and acrobatics for children and young people in Rainham.

FIND OUT MORE

STRIVE'S LIONESSES

Free girls-only futsal session Years 7-9 in Chatham. Try something new, build confidence. Learn skills in a friendly team environment!

FIND OUT MORE

FIREFIELDS
GYMNASTICS
SESSIONS

Gymnastics, parkour, circus skills and acrobatics for children and young people in Rainham.

FIND OUT MORE

STRIVE'S LIONESSES

Free girls-only futsal sessions for Years 7-9 in Chatham. Try something new, build confidence. Learn skills in a friendly team environment!

FIND OUT MORE

EVERYDAY
ACTIVE
YOUNG PEOPLE

THINGS TO DO NEAR ME YOUR STORIES

Find activities...

FREE BOXING – STROOD & GILLINGHAM

FREE AGES 13+ BEGINNERS WELCOME EQUIPMENT PROVIDED

WHAT DO YOU WANT TO DO?

SPORTS

OUTDOORS

DANCE

AT HOME ACTIVITY

JUST FOR FUN

FREE ACTIVITIES

WHERE AND WHEN?

Strood
Mondays, 6pm to 7pm
St Francis Church
Galahad Avenue, Strood
ME2 2YS

Gillingham
Thursdays, 6pm to 7pm
St Augustine's Church
192 Rock Avenue, Gillingham
ME7 5PW

GET FIT. GET FOCUSED. BUILD YOUR CONFIDENCE.

Try something new with The Boxing Initiative's free coached boxing sessions in Strood and Gillingham. Learn to train like a boxer, build your fitness and develop new skills in a safe, supportive environment.
Whether you're completely new to boxing or have trained before, you can challenge yourself and progress at your own pace.

WHAT WILL I DO?

Get moving with energetic sessions covering:
✓ Glove and pad work - practise your boxing skills.
✓ Footwork and movement - develop balance and coordination.
✓ Boxing technique - learn the basics and build on what you know.
✓ Strength and fitness - challenge yourself and grow in confidence.
At St Francis in Strood, sessions are led by a Level 1 qualified amateur boxing coach.

WHO IS IT FOR?

READY TO GIVE IT A GO?

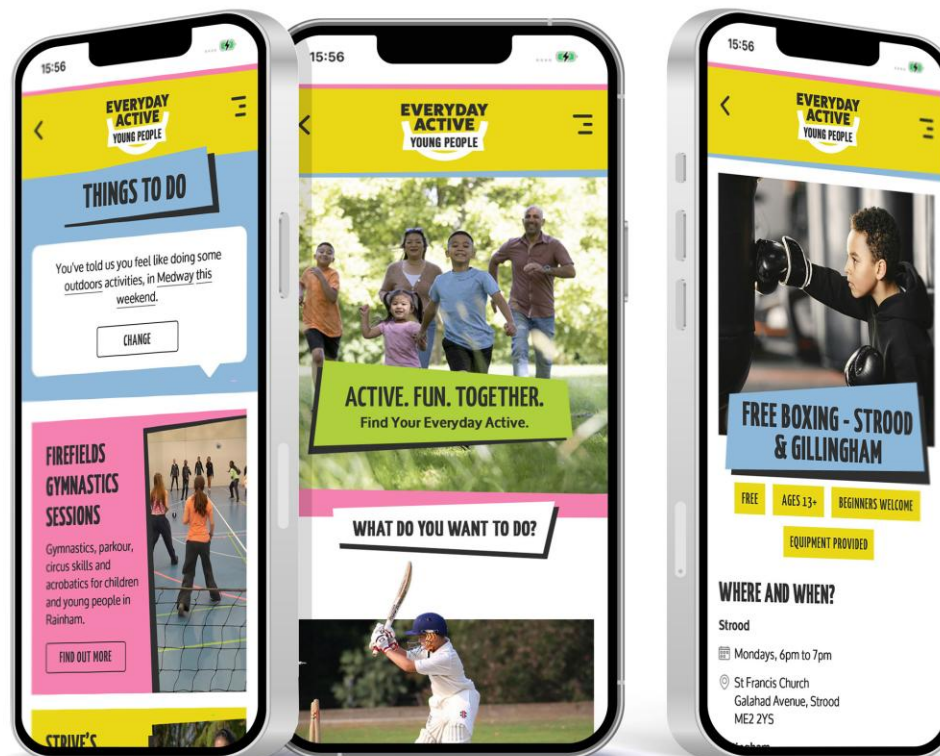
Your first session could be the start of something new. Come along, learn boxing skills and build your confidence — no previous experience needed.

SIGN UP

SHARE

Everyday Active – coming soon!

Children, young people and families' area



See more here:



Any thoughts and feedback welcome

Using Everyday Active as a Tool for Your Work

Discussion

How could you use
Everyday Active in your
role?



Using Everyday Active in your work



Activity providers –
use as a free marketing
tool to attract new
attendees



Community based workers – use the website to help people find activities that suit them. Use social media channels to promote the message. Use resources to encourage people to explore Everyday Active



System partners – Use the information for specific needs e.g. being active with a disability or long-term health condition



Health & social care professionals – Signpost service users to free and low-cost activities and support to improve health and wellbeing

Exercise

Use a computer or smart phone to find the following on Everyday Active:

- Person 50+ with limited mobility
- Find an activity you didn't know about in your local community



Any questions?