

## GOOD PRACTICE

# Salford Active City



**City**  
Salford

**Country**  
England

**Population**  
233.933

**Mission**  
Provide Salford's inhabitants with exciting and fun sports activities for all ages

**Organization**  
Salford Active City

**Target Group**  
Citizens of all ages



### Objectives

Help you get active with a game of squash or badminton, get fit on the football pitch or learn a new skill in the water. And, get the kids moving at a dance and gymnastics class. Kick start your journey to a healthier lifestyle with Salford Community Sport.

### Description

The City of Salford provides and manages sport and leisure services and facilities in the eight neighborhood areas within the city as well as providing citywide coverage of active lifestyles, school sport, swimming, dance and gymnastics.

In addition to the many sport facilities, Salford has a 'Health Walk' scheme that is a part of a national program to help encourage and support people to become more physically active to improve their health. Health walks are short organized walks often led by trained volunteers from the local community and scheduled at different days of the week and can be from 45 minutes to one hour in length. The walks aim to promote the message of 'doing at least 30 minutes of moderate activity on at least five days of the week'. There is also an 'independent walk' program with a step-by-step map of walking routes with benches and rest rooms marked, and shorter alternative routes for beginners.

### **For more detail, please contact:**

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