

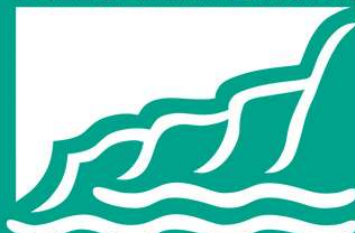


Y FRO AR FYND



**GWYBODAETH A
SYNIADAU AM
WEITHGAREDDAU
CORFFOROL**

VALE of GLAMORGAN



BRO MORGANNWG

Y FRO AR FYND

Llawer o resymau dros symud!

Mae bod yn gorfforol actif o fantais i blant ac oedolion am lawer o resymau. Gwylwch y fideo hwn sy'n esbonio pam mae datblygu sgiliau sylfaenol mor bwysig i blant: <https://www.chwaraeon.cymru/cynnwys/llythrennedd-corfforol/>. Gall bod yn actif fel oedolyn ac oedolyn hŷn eich helpu i gadw'n iach, i gysgu'n well, i gynnal pwysau iach, i deimlo'n dda, ac i gadw'n sefydlog ar eich traed wrth i chi heneiddio, a llawer mwy.

Plant	Oedolion	Oedolion Hyn
Iechyd Esgyrn Gweithrediad gwybyddol Ffitrwydd CF Ffitrwydd y cyhyrau Statws pwysau Iselder	Marwolaeth o bob achos Strôc a chlefyd y galon Pwysedd gwaed uchel Diabetes math 2 8 cancer Iselder Gweithrediad gwybyddol Dementia Ansawdd bywyd Cwsg Gorbryder/iselder Statws pwysau	Cwypïadau Eiddilwch Gweithrediad gwybyddol

Gweithgareddau i bawb...

Mae gan bawb, gan gynnwys pobl anabl, lefelau gallu gwahanol a byddant yn symud yn eu ffyrdd unigryw eu hunain. Rydym yn annog teuluoedd ac oedolion i ddefnyddio'r wybodaeth fel canllawiau ond rydym yn deall na fydd pawb yn gallu cyflawni'r holl symudiadau. Byddem yn argymhell canolbwyntio ar yr hyn y gallwch chi/eich plentyn ei wneud mewn perthynas â phob symudiad ac addasu'r symudiadau i gyd-fynd â gallu ymarferol y person. Cofiwch weithio ar eich lefel eich hun bob amser ac, os ydych chi o dan oruchwyliaeth feddygol, ymgynghorwch â gweithiwr meddygol proffesiynol cyn dechrau gweithgaredd.

Gweithgarwch corfforol ar gyfer y blynyddoedd cynnar (geni – 5 oed)

Mae plant egniol yn iach, yn hapus, yn
barod am yr ysgol ac yn cysgu'n well



MAE'N METHRIN
PERTHNASOEDD A
SGILIAU CYMDETHASOL



MAE'N CYNNAL
IECHYD A
PHWYSAU



MAE'N CYFRANNU AT
DDATBLYGIAD YR
YMENNYDD A DYSGU



MAE'N
GWELLA CWSG



MAE'N DATBLYGU'R
CYHYRAU AC ESGYRN



MAE'N HYBU SYMUDIAD
A CHYDSYMUDIAD

Mae pob symudiad yn cyfrif



**Cryfhewch Eich Corff. Symudwch Fwy.
Cymysgwch anweithgarwch ag ysbeidiau egniol**

Canllawiau Gweithgarwch Corfforol Prif Swyddogion Meddygol y DU 2019

Gweithgarwch corfforol ar gyfer plant a phobl ifanc



MAE'N MEITHRIN
HYDER A SGILIAU
CYMDEITHASOL



MAE'N DATBLYGU
CYDSYMUDIAD



MAE'N GWELLA
CANOLBWYNTIO A
DYSGU

(5-18 oed)



MAE'N CRYFHAW'R
CYHYRAU AC
ESGYRN



MAE'N GWELLA
IECHYD A
FFITRWYDD



MAE'N CYNNAL
PWYSAU IACH



MAE'N
GWELLA
CWSG



MAE'N GWNEUD I
CHI DEIMLO'N DDA

Byddwch yn gorfforol

Gwasgarwch
weithgarwch trwy
gydol y dydd

Anelwch at
gyfartaledd o

60

munud y dydd o
leiaf ar draws yr
wythnos

Dylai pob
gweithgaredd
wneud i chi anadlu'n
gyflymach a theimlo'n
gynhesach



CHWARAE



RHEDEG/GERDDED



BEICIO



TEITHIO LLESOL



NOFIO



SGLEFRIO



CHWARAEON



YMARFER CORFF



SGIPIO



DRINGO



YMARFERION



DAWNSIO

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**

Cryfhewch Eich Corff



ANWEITHGARWCH

Symudwch fwy

Chwiliwch am ffyrdd i helpu'r holl blant a phobl ifanc i gronni cyfartaledd o 60 munud o leiaf o weithgarwch corfforol y dydd ar draws yr wythnos

Canllawiau Gweithgarwch Corfforol Prif Swyddogion Meddygol y DU 2019

Gweithgarwch corfforol ar gyfer oedolion ac oedolion hŷn



Mae'n fuddiol i iechyd



Gwella cwsg



Mae'n cynnal pwysau iach



Mae'n rheoli straen



Mae'n gwella ansawdd bywyd

Mae'n lleihau eich siawns o ddatblygu

Diabetes math II

-40%

Clefyd cardiofasgwlaidd

-35%

Cwypmïadau, iselder a.y.b.

-30%

Poen yn y cymalau a'r cefn

-25%

Canserau (y colon a'r fron)

-20%

Mae rhywfaint yn dda,
mae mwy yn well

Dechreuwch heddiw: nid
yw hi byth yn rhy hwyr

Mae pob munud
yn cyfrif

Byddwch yn egnïol

o leiaf

150

munud

o weithgarwch dwyster
cymedrol yr wythnos

cyfradd anadlu uwch
yn gallu starad



Neu

gyfuniad o'r ddau

o leiaf

75

munud

o weithgarwch egnïol yr
wythnos

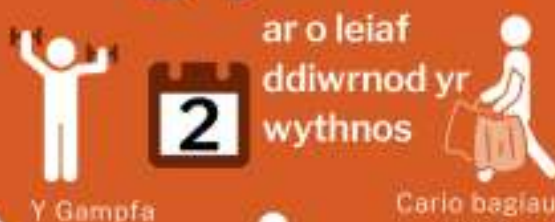
anadlu'n gyflym
anhawster siarad



I gadw'r cyhyrau, esgyrn a chymalau'n gryf

Datblygwch gryfder

ar o leiaf
ddiwrnod yr
wythnos



loga



Carlo baglau
trwm

Lleihewch amser eisteddog i'r eithaf

Cymysgwch anweithgarwch ag ysbeldiau egnïol



Ar gyfer oedolion hŷn, i leihau'r
siawns o eiddilwch a chwypmïadau

Gwellhewch gydbwysedd

2 diwrnod yr wythnos

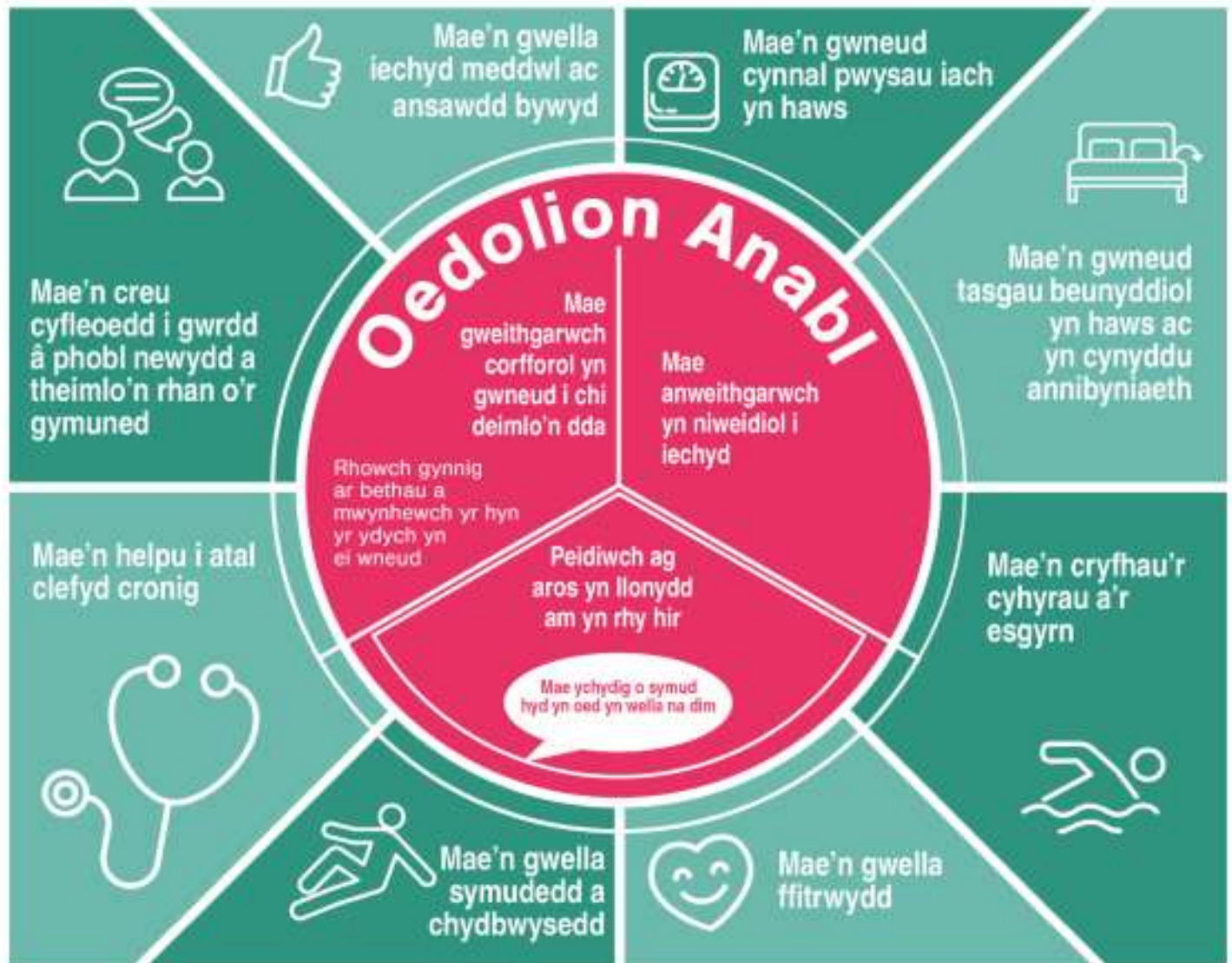


Gweithgarwch Corfforol

• ar gyfer •

Oedolion Anabl

• Trowch hyn yn arfer dyddiol •



Gwnewch weithgareddau cryfder a chydbwysedd ar o leiaf ddau ddiwrnod yr wythnos

Ar gyfer manteision sylweddol i iechyd anelwch at o leiaf 150 munud yr wythnos o weithgarwch dwyster cymedrol

Cofiwch y prawf siarad:



Yn gallu siarad ond nid canu = gweithgarwch dwyster cymedrol



Anhwstler siarad heb oedi = gweithgarwch agnol

Y FRO AR FYND

Dolenni i'ch helpu chi i fod yn fwy actif – Oedolion a phobl ifanc

Bydd y dolenni canlynol i weithgareddau yn rhoi syniadau i chi am sut i fod yn actif – heb gost neu am gost isel.

Get active - Better Health

Take steps to improve your health. Move more everyday with easy tips, support and special offers from Better Health.

www.nhs.uk

www.nhs.uk/better-health/get-active/home-workout-videos/



www.parkrun.org.uk

Legacy Leisure works in partnership with your Local Authority
Legacy Leisure yn gweithio mewn partneriaeth â'ch Awdurdod Lleol

Leisure Centres in the Vale

Information relating to the leisure centres in the Vale including memberships, opening times, prices, swimming times, fitness classes and more can now be found on the Parkwood Community Leisure website.

Barry Leisure Centre	Colcot Sports Centre	Cowbridge Leisure Centre
Llantwit Major Leisure Centre	Penarth Leisure Centre	

www.leisurecentre.com

Inclusive led bike rides for women!

Breeze offers fun, free, inclusive led bike rides for women of all abilities across the UK.

www.letsride.co.uk/breeze

Wales National Exercise Referral Scheme (NERS)
Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru

We are the National Exercise Referral Scheme (NERS) team who work in the Vale of Glamorgan in South Wales. We are trying to help clients be more active to help with their currently physical, mental and social health in a fun and inspiring way during difficult times.

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Exercise-Referral

Valeways is an independent volunteer run charity in the Vale of Glamorgan created to:

- Promote health and wellbeing through walking
- Improve safe access to the Vale's countryside
- Provide guided and self-guided walks for all ages and abilities

www.valeways.org.uk

Y FRO AR FYND

Dolenni i'ch helpu chi i fod yn fwy actif - Plant a phobl ifanc

Bydd y dolenni canlynol i weithgareddau yn rhoi syniadau i chi am sut i gadw plant a phobl ifanc yn actif gartref neu yn y gymuned.



Activities for kids - Healthier Families
Build some physical activity into your child's day, from 10 Minute Shake Up games to sports the whole family can enjoy.

www.nhs.uk/better-health/get-active/



Wellbeing Walks
We have designed a number of walks to keep you and your family healthy, active and having fun.

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Wellbeing-Walks

STREETFIT
with Vale Sports Team

Get moving and feel great—these videos make it easy to stay active at home or in your local area.

Streetfit Outdoor Gym - Beginners Level Edition
Provides a combination of strength training and cardio exercises in a natural environment.
Find Link Here: <https://youtube/NWUq3FcZTU>

Streetfit Outdoor Gym - Intermediate Level
Provides a combination of strength training and cardio exercises in a natural environment.
Find Link Here: <https://youtube/5wtydyoH8>

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources



Little Rockets
Launching children to an active life.
A physical activity pack for families

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources

Healthy Movers at Home
Get moving! Download our Healthy Movers at Home resources for easy, mobile-friendly ideas to help your little ones move, play, and grow every day.
The PDF also includes a list of the equipment you will require for each activity.

[Download](#)

www.youthsporttrust.org/healthymovers/families



www.parkrun.com/about/join-us/junior-parkrun/

Y FRO AR FYND

Rhagor o wybodaeth i helpu oedolion, pobl ifanc a phlant i fod yn fwy actif

Isod mae dolenni i glybiau lleol ac adnoddau lleol



VALE ON THE MOVE ACTIVE AT HOME

PHYSICAL ACTIVITY AND SPORTS EQUIPMENT LOAN SCHEME TO BE MORE ACTIVE AT HOME



Do you / your family want to be more active? Would you benefit from a free loan of equipment bag and resource pack with ideas?

If yes, choose the colored bag that matches what you need and borrow it in the same way as a book!

BLUE BAG: This bag is aimed at younger children in nursery / Foundation Stage of the school. Includes items to help develop movement and coordination skills for throwing, catching.

TURQUOISE BAG: This bag is aimed at older children in primary and secondary schools and. Includes equipment such as table tennis, balls, resistance bands, to be active at home or at your local open space.

GREEN BAG: This bag contains tennis equipment including rackets and balls. Choose from adult set (A) or child set (C) and play away. Don't forget there are tennis courts in Vale - visit our website to find out more.

More information:

Follow Vale Council's Healthy Living Team on social media or via the website for many more ideas... Let us know how you got / any feedback you have about this project: <https://forms.office.com/r/zk7SDeJOMt>

   @valesportsteam1

 **SCAN ME**

 @Vale Healthy Living Team

Gwefan: <https://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play>



ARE YOU OVER 60 YEARS OLD? DO YOU WANT TO BECOME ACTIVE?

8 SESSIONS OF FREE PHYSICAL ACTIVITY OR SPORT MAY BE AVAILABLE TO YOU!

USE ONE OF THE FOLLOWING OPTIONS TO SIGN UP:

REGISTER ONLINE -
WWW.VALEOFGLAMORGAN.GOV.UK/GOLDENPASS

CALL - 07902 401007

EMAIL -
GOLDENPASS@VALEOFGLAMORGAN.GOV.UK

SCAN - THE QR CODE BELOW WITH YOUR MOBILE PHONE CAMERA.

SIGN UP TODAY







Sports Clubs

There are a number of local sports and physical activity clubs that you can get involved with in the Vale of Glamorgan.

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources





You are here: [Home](#) > [Join In](#) > [Clubs](#)

Find a local insport Club

Enter your postcode  

www.disabilitysportswales.com/en-gb/join-in/clubs

Y FRO AR FYND

Gwybodaeth ychwanegol

Tîm Byw'n Iach

healthylivingteam@valeofglamorgan.gov.uk

Dilynwch ni ar y cyfryngau cymdeithasol am fwy o syniadau ac ewch i'n gwefan am lawer o adnoddau ar gyfer pob oedran:

Cyfryngau cymdeithasol gan gynnwys Facebook ac Instagram:

@valesportsteam1

YouTube: @valehealthylivingteam

Gwefan: <https://www.bromorgannwg.gov.uk/cy/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources.aspx>