

Green Exercise

That gets you onto the coastal path following the path along kind of the top there, you going to come this way up to your traffic lights which will be on green

Today we have Sun City Big Lime triathlon, so a triathlon is a swim, a bike and a run, kind of following on from each other. It's a sprint distance triathlon which is quite a short one in triathlon terms, so it's a 750 metre swim in the sea; we've then got an 18km bike, then a 5k run.

The Green Exercise project is part of a Heritage Lottery funded programme called the Limestone Landscape project and it's looking to try and improve green infrastructure in the region so that people can get outdoors, get active to help make it sustainable. You get to be outdoors, enjoying green exercise but you know it's on the coast, it's beautiful and it's really just promoting green exercise, physical activity and mental wellbeing as well.

Well done fella!

Encouraging people to take part in exercise and kind of healthy living, you get to use all your different parts of your body for the swim, the bike and the run. Once you really realise that you've got to start eating a little healthier because when you're moving, your body tells you. So it gets you to really think about just living healthily and appreciating your environment as well.

We've had a whole range, right from beginners up to elite athletes, so people who have competed at very high levels, we had a disabled athlete today who she's in training for the world championships at the moment and so it was great that it wasn't just elite athletes, you've also got beginners so it's a real nice feel to the day.

Well I've been looking through quite a few triathlons recently and this is one in the local area or quite local to me so it just seemed like a good one to do and I wanted to do a sea swim as well so it seemed like the perfect opportunity. I came first so you can't say fairer than that I suppose.

There's a whole, right sense of community going on, you see people chatting, and talking to people they've never met before, kind of buzzing a bit about what's gone on to date.

I've been taking part in the Big Lime triathlon. It's my first one ever, fantastic event, fantastic Marshalls, gorgeous day, really enjoyed it.

It's that feeling good about yourself, you're outdoors, you're being physically active and hopefully tomorrow they'll go out for a walk or they could go for a run along the coastline.