

Active Lifestyles January 2024 Course Start Dates



We have a range of courses listed in this document starting in the New Year to help the residents of Huntingdonshire get more active. Please visit the relevant link for each course for more information and to complete the application form:

Active for Health - www.huntingdonshire.gov.uk/activeforhealth

Active for Health Xtra - www.huntingdonshire.gov.uk/activeforhealth

Staying Active - www.huntingdonshire.gov.uk/stayingactive

Healthy You Beginners Courses - www.huntingdonshire.gov.uk/healthyyou

ESCAPE Pain - www.huntingdonshire.gov.uk/escapepain

ACTIVE FOR HEALTH 12-WEEK COURSE

A 12 week course for people with a BMI of 25 or over and who are inactive (doing less than 30 minutes per week). Eligible participants will receive a 12-week pass to use the facilities alongside the course. If required, they will also be inducted by a member of the impressions team for a gym induction.

- ✔ 18 years or over
- ✔ Inactive - less than 30 minutes physical activity per week
- ✔ BMI >25 (or 23.5 from BAME community)

FREE

Funded by Cambridgeshire
County Council
Public Health Team

Venue	Day	Time	Start Date
One Leisure St Ives	Mondays	5:00pm - 5:55pm	8th January 2024
One Leisure Huntingdon	Wednesdays	5:00pm - 5:55pm	10th January 2024
One Leisure St Neots	Wednesdays	5:00pm - 5:55pm	10th January 2024
One Leisure Huntingdon	Fridays	11:00am - 11:55am	12th January 2024

ACTIVE FOR HEALTH XTRA 12-WEEK COURSE

A 12 week course to help prevent Cardiovascular Disease. 50 years plus, doing less than 150 minutes of activity per week and with **2 or more additional CVD risk factors**. Eligible participants will receive a 12-week pass to use the facilities alongside the course. If required, they will also be inducted by a member of the impressions team for a gym induction.

- ✔ 50 years or over
- ✔ Diabetes
- ✔ Smoker
- ✔ High Blood Pressure
- ✔ Unhealthy diet
- ✔ Inactive
- ✔ Drink alcohol to excess
- ✔ Overweight or obese
- ✔ From black, Asian or minority background
- ✔ Family history of heart disease
- ✔ High cholesterol

FREE

(funded by
Peterborough &
Cambridgeshire
ICS)

Venue	Day	Time	Start Date
Brampton Memorial Centre	Mondays	5:00pm - 5:55pm	22nd January 2024
One Leisure Ramsey	Thursdays	5:00pm - 5:55pm	11th January 2024
One Leisure St Ives	Fridays	10:30am - 11:25am	26th January 2024

STAYING ACTIVE 9-WEEK COURSE

A 9 week course to help prevent frailty. Eligible participants will receive a 12-week pass to use the facilities alongside the course. If required, they will also be inducted by a member of the impressions team for a gym induction.

- ✔ 55 years or over
- ✔ Starting to need support with activities of daily living
- ✔ Are finding daily tasks more challenging
- ✔ Not yet had a fall but feeling unsteady on their feet
- ✔ Are developing balance problems
- ✔ Are developing muscle weakness

FREE
(funded by Peterborough & Cambridgeshire ICS)

Venue	Day	Time	Start Date
Judith's Field Pavilion, Godmanchester	Mondays	10:30am - 11:25am	15th January 2024
One Leisure St Ives Indoor	Tuesdays	3:00pm - 3:55pm	16th January 2024
Old School Hall, Sawtry	Thursdays	2:00pm - 2:55pm	18th January 2024
One Leisure St Neots	Thursdays	3:15pm - 4:10pm	18th January 2024

HEALTHY YOU COURSES

Various courses ranging from 6-8 weeks. Perfect for beginners and those who are inactive - doing less than 30 minutes of physical activity per week.

- ✔ Inactive
- ✔ Beginner to exercise
- ✔ Wanting to get back into exercise
- ✔ Wanting to try something new

FREE
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Activity	Venue	Day	Time	Start Date
Relax & Unwind (6 weeks)	One Leisure St Ives Indoor	Mondays	12:00pm - 12:55pm	8th January
Strength & Conditioning (6 weeks)	One Leisure St Neots	Mondays	12:45pm - 1:40pm	8th January
None to Run (8 weeks)	One Leisure St Ives Outdoor	Tuesdays	12:30pm - 13:25pm	9th January
Strength & Conditioning (5 weeks)	One Leisure St Ives Outdoor	Tuesdays	6:00pm - 6:55pm	9th January
Chair Based Yoga (6 weeks)	One Leisure Huntingdon	Wednesdays	12:45pm - 1:40pm	10th January

ESCAPE PAIN COURSES

ESCAPE Pain stands for Enabling Self-management and Coping with Arthritic Pain through Exercise. A 5-week rehabilitation programme that helps people with knee & hip osteoarthritis (OA) and/or chronic joint pain self-manage their condition. Sessions are held twice weekly.

- ✔ 45 years or over
- ✔ Knee and/or hip OA
- ✔ Chronic knee and/or hip pain for 3 months and more
- ✔ Independently mobile
- ✔ Able to communicate well enough in a group setting

£35 for the 10 session course

Venue	Day	Time	Start Date
One Leisure Huntingdon	Tuesdays & Thursdays	3:30pm - 4:25pm	16th January 2024
One Leisure St Neots	Mondays & Wednesdays	3:30pm - 4:25pm	26th February 2024