

One Leisure Active Lifestyles Newsletter

March 2024

New Dates!

ACTIVE FOR HEALTH - 12 WEEK COURSE



A 12-week activity programme for adults (18 and over) to help them become active and move more. Participants can sign up for the Active for Health programme if they have a BMI of 25 or over, or 23.5 if from the BME community. Visit www.huntingdonshire.gov.uk/activeforhealth for more information.

- **One Leisure St Ives** - Mondays 5:00pm - 5:55pm (starting 8th April)
- **One Leisure Huntingdon** - Wednesdays 5:00pm - 5:55pm (starting 10th April)



ACTIVE FOR HEALTH XTRA - 12 WEEK COURSE



A new 12 week course for people 50 years plus who meet at least two risk factors for example, have high cholesterol and high blood pressure. Visit www.huntingdonshire.gov.uk/activeforhealth for more information.

- **One Leisure Ramsey** - Thursdays 5:00pm - 5:55pm (starting 11th April)

STAYING ACTIVE - 9 WEEK COURSE



A new 9 week course for people 55 years plus who meet at least two risk factors, for example are exhibiting signs of losing muscle strength or experiencing balance problems. Visit www.huntingdonshire.gov.uk/stayingactive for more information.

- **Somersham Victory Hall** - Tuesdays 2:00pm - 3:00pm (starting 19th March)
- **Ramsey Community Centre** - Wednesday 2:00pm - 3:00pm (starting 20th March)
- **Little Paxton Village Hall** - Thursday 2:00pm - 3:00pm (starting 21st March)



Brampton Hub Partnership



We are working with Brampton Hub to offer residents Walking Netball and an social Over 60's Club. Both new sessions are fully funded, so will be free of charge.

Walking Netball

A slower version of the game. It has been designed so that anyone can play, regardless of age or fitness level.




- Mondays 10am - 11am - Brampton Memorial Centre outdoors (starting 8th April 2024)

Over 60's Club

A combination of free play, fun and competitive games. Table tennis, badminton, pickleball, tri-golf, boccia and more!

- Thursdays 3:30pm - 4:30pm Brampton Memorial Centre indoors (starting 11th April 2024)

Don't forget to follow us on social media!

 @HDCactivelifestyles
 @HDC Active
 @HDC Active

FREE **Shoot for Health** 

www.huntingdonshire.gov.uk/healthyyou

This FREE 8-week football course is aimed at inactive individuals wanting to get back into the much loved game of football with friendly and like minded people.

One Leisure Huntingdon - Thursdays 5pm - 6pm (starting 4th April 2024)



FREE **Intro to Bars & Bells** 

A FREE 6 week course giving you an introduction to barbell and kettlebell techniques. Whole body exercises focusing on correct technique and form so you can get the most from your workouts.

One Leisure St Ives - Thursdays 11am - 11:55pm (starting 18th April 2024)

FREE **Intro to Studio** 

A FREE 5 week course giving you the opportunity to try different group fitness classes to make you feel more comfortable and confident to join in a mainstream class.

One Leisure Huntingdon - Mondays 12pm - 12:55pm (starting 15th April 2024)

One Leisure St Neots - Mondays 12:45pm - 1:40pm (starting 15th April 2024)



FREE **Intro to Circuits** 

A FREE 6 week course giving you an introduction into circuit training. Exercises will combine strength and cardio training for beginners targeting the entire body.

One Leisure Ramsey - Thursdays 4pm - 5pm (starting 18th April 2024)

Children's School Holiday Sports Sessions



We can deliver sports sessions for primary age children during half-term weeks or summer breaks in your Parish. We can adapt delivery to suit the needs of your local community.

If you're a Parish Council member or other community organisation and would like more information on how you can get involved in this programme, please get in touch via email

activelifestyles@huntingdonshire.gov.uk

What activity is right for my patient?

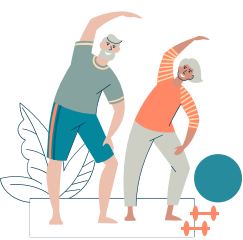


We recognise it can be challenging knowing where to guide your patients and user groups due to the range of activities we offer. We have developed a user-friendly decision tree to assist you to effortlessly identify the most suitable activities to recommend.

You will find this tool alongside this newsletter & it covers 4 user groups:

- 18 - 49 years
- CVD Prevention - 50+ years
- Frailty Prevention - 55+ years
- 60+ years - General physical activity

What's the right physical activity opportunity for 18-49 years?



Tim
Age 18-49 years



What's the right physical activity opportunity for CVD Prevention - 50+ years



Joe
Age 50 years plus

POST MI/Heart Attack or surgical intervention for cardiac condition

Cardiac Rehab Phase IV
Community Class and/or
Exercise Referral.
Formal Referral Required.

Diagnosed with one of the following health conditions:
Heart Conditions,
Respiratory Conditions,
Depression or Anxiety
Cancer

Specialist Exercise Classes
Pulmonary
Cancer

Exercise Referral Scheme
Formal Referral Required by
Registered Health Professional

Not suitable for referral
or recommendation

**BEHAVIOUR CHANGE
STAGE**
Contemplation or
Preparation

One Leisure Facilities
Mainstream Offer
www.oneleisure.net
(£)

Meeting Chief Medical
Officer's
recommendations of
>150 minutes per week

BMI <25
(<23.5 if from BAME)

Inactive -
Less than
30 minutes per week

Fairly Active
<149 minutes per
week

One Leisure Facilities
Mainstream Offer
www.oneleisure.net
(£)

BMI >25
(>23.5 if from BAME)

Wellbeing Walks (£0)

One Leisure Facilities
Mainstream Offer
www.oneleisure.net
(£)

Yoga Stretch & Relax (£)
FitFuture (£)

Tier 1 - Healthy You Districts' Offer
Short Beginners Courses
e.g. Pilates
Indoor Cycling
Strength and Conditioning
£0

>2 additional CVD risk factors

Walking Sports (£)

RightStart Cycling (£)
RightStart Aqua (£)

Active for Health (£0)
12-week course

Active for Health Xtra (£0)
INDIVIDUAL OFFER

Active for Health Xtra (£0)
GROUP OFFER
12-week course

Exercise Referral Scheme
Formal Referral Required by
Registered Health Professional

What's the right physical activity opportunity for FRAILTY Prevention - 55+ years



Henrietta
Age 55 years plus

POST MI/Heart Attack or surgical intervention for cardiac condition

Cardiac Rehab Phase IV Community Class (£) and/or Exercise Referral (£)
Formal Referral Required.

Diagnosed with one of the following health conditions: Heart Conditions, Respiratory Conditions, Depression or Anxiety, Cancer

Specialist Exercise Classes Pulmonary Cancer

Exercise Referral Scheme (£)
Formal Referral Required by Registered Health Professional

Not suitable for referral or recommendation

One Leisure Facilities Mainstream Offer
www.oneleisure.net (£)

Meeting Chief Medical Officer's recommendations of >150 minutes per week

BEHAVIOUR CHANGE STAGE
Contemplation or Preparation

Inactive - Less than 30 minutes per week

Fairly Active <149 minutes per week

6-7 Rockwood Scale Living with moderate frailty

(4-5 Rockwood Scale Displaying signs & symptoms of frailty)

Right Start 1 - Chair Based (£)
Right Start 2 - Chair & Standing (£)
Right Start 3 - Strength & Balance (£)
Right Start 4 - Postural Stability (£)
Re-fit / Pre-fit (£)

Wellbeing Walks (£0)

One Leisure Facilities Mainstream Offer
www.oneleisure.net (£)

RightStart 5 - older adults circuits (£)
RightStart Cycling (£)
RightStart Aqua (£)

Walking Sports (£)

Yoga Stretch & Relax (£)
FitFuture (£)

Staying Active INDIVIDUAL OFFER (£0)

Staying Active GROUP OFFER (£0)
9-week course

Exercise Referral Scheme
Formal Referral Required by Registered Health Professional

What's the right physical activity opportunity for 60+ years - general physical activity



Fred
Age 60 years plus

One Leisure Facilities
Mainstream Offer
www.oneleisure.net
(£)

**POST MI/Heart Attack
or surgical intervention
for cardiac condition**

Diagnosed with
one of the following health
conditions:
Heart Conditions,
Respiratory Conditions,
Depression or Anxiety
Cancer

Meeting Chief Medical
Officer's
recommendations of
>150 minutes per week

Cardiac Rehab Phase IV
Community Class and/or
Exercise Referral.
Formal Referral Required.

Specialist Exercise Classes
Pulmonary
Cancer

Not suitable for referral
or recommendation

Exercise Referral Scheme
Formal Referral Required by
Registered Health Professional

**BEHAVIOUR CHANGE
STAGE**
Contemplation or
Preparation

Short Walks (£0)

Tier 1 - Healthy You Districts' Offer
Short Beginners Courses
e.g. Introduction to Pilates
Indoor Cycling
None to Run
Strength and Conditioning
(£0)

Inactive -
Less than
30 minutes per week

Fairly Active
<149 minutes per
week

Over 60's social sessions (£0)

Right Start 1 - Chair Based (£)
Right Start 2 - Chair & Standing (£)
Right Start 3 - Strength & Balance (£)
Right Start 4 - Postural Stability (£)
Re-fit / Pre-fit (£)

Wellbeing Walks (£0)

One Leisure Facilities
Mainstream Offer
www.oneleisure.net
(£)

Walking Sports (£)

Yoga Stretch & Relax (£)
FitFuture (£)

RightStart 5 (£)
(Older Adults circuits)
RightStart Cycling (£)
RightStart Aqua (£)

One Leisure Facilities
Mainstream Offer
www.oneleisure.net
(£)