

ACTIVE BALANCE



The Active Balance Class is a 'turn up and pay' class and is for those who are independent and mobile but concerned about falling or just feel that they need to get a little more active. The classes incorporate strength, balance, flexibility and mobility exercises to promote confidence and independence. The

seated and standing exercises offer variety, allowing everyone to work at their own pace. Monitoring of progress can be achieved through referral onto the exercise referral scheme although this is not essential to attend the class. There will be an opportunity to socialise after the class, which all our participants enjoy.

PILATES & BACK CARE



Our Pilates and Back Care class is a whole body conditioning class that aims to improve flexibility, muscle strength and endurance. Spinal and pelvic alignment along with breathing

technique to help improve coordination and balance and develop a strong core. It is useful for improving balance, lumbar stabilisation, flexibility and reducing lower back pain. The class is delivered by a level 4 specialist instructor.

WALKING FOR HEALTH

Health Walks are organised, volunteer-led gentle walks that can be a 10min stroll or up to an hour. They are FREE to take part in and are a great way to help you get more active and meet new people. They are suitable for everyone.



For more information on Walking for Health please phone **01594 727014** or visit their website www.walkingforhealth.org.uk

ADDITIONAL INFORMATION

THERE IS A ONE OFF £12 JOINING FEE FOR THE HEALTHY LIFESTYLES SCHEME WHICH CONTRIBUTES TOWARDS YOUR ONE TO ONE TIME WITH A QUALIFIED INSTRUCTOR.

This does not apply to Active Balance, Walk for Health, or KickStart.

ALL COMMUNITY CLASSES COST £3.00 PER PERSON. DEPENDING ON CLASS SIZES PARTNERS ARE WELCOME TO JOIN IN.

FOR FURTHER INFORMATION OR TO DISCUSS IF A REFERRAL IS RIGHT FOR YOU PLEASE CALL THE SCHEME COORDINATOR ON 01594 812399 OR THE COMMUNITY ENGAGEMENT TEAM ON 01594 812617 or 812447 .

You can also find useful links and further advice on our website: www.fdean.gov.uk and search exercise referral.

CLASSES THROUGHOUT THE FOREST

We have over 25 Community Classes each week delivered by specialist Exercise and Lifestyle Advisors.



Please call or check website to confirm class timetable.



Forest of Dean
— DISTRICT COUNCIL —

HEALTHY LIFESTYLES



Promoting health and well-being to the local community

**Forest of Dean District Council, Council Offices,
High Street, Coleford, GL16 8HG.
Tel: 01594 812447
[http://www.fdean.gov.uk/residents/health-leisure/
healthy-lifestyle-classes/](http://www.fdean.gov.uk/residents/health-leisure/healthy-lifestyle-classes/)**

EXERCISE REFERRAL

Healthy Lifestyles is an exercise referral scheme coordinated by the District Council and supported by NHS Gloucestershire CCG and GCC Public Health. It is a twelve week activity programme that your GP, Practice Nurse or Physiotherapist refers you for and is designed to improve your health and well-being through structured physical activity. You will have the option to try a full range of activities to suit you, which include the use of our community classes, gym based activity and swimming pools across the district. Other activities could include walks, aqua classes and a variety of other suitable classes as well as a home exercise plan. During these three months, you will be monitored and encouraged by an advanced qualified fitness professional. Some of the conditions that patients are commonly referred for are: High Blood Pressure, High Cholesterol, C.O.P.D, Arthritis, Depression, Asthma, Overweight, Diabetes, Post Natal, Injuries.

FALLS PREVENTION SCHEME

If you are over 60 and are becoming concerned about your balance and have perhaps had a fall, then this scheme is ideal for you. Your GP or Nurse can make the referral. Whilst on the scheme you will be monitored and encouraged by an advanced qualified fitness professional.



Improving health through exercise can prevent falls, improve stamina and increase strength, mobility and flexibility. It will also improve balance and confidence and lower the risk of osteoporosis as well as improve blood pressure and cholesterol levels. All of this will help you to continue doing the things you enjoy and will help maintain your independence and counteract loneliness and isolation. Our classes are very sociable and fun.

CARDIAC REHABILITATION PHASE IV

Cardiac Rehabilitation offers those who have previously suffered a cardiac episode the opportunity to exercise in a safe and friendly environment with a highly trained exercise professional from the British Association of Cardiac Prevention and Rehabilitation. People who join this scheme have normally completed the NHS phase III programme, however this is not essential. If you feel this class may be useful to you, **please speak to your GP or Nurse who can refer you onto the scheme.**



RESPIRATORY REHABILITATION

Aimed at improving pulmonary performance, postponing or halting pulmonary decline and reducing breathlessness, this class is suitable for all those suffering with disease under the C.O.P.D umbrella. The class is open to all levels, including those requiring oxygen therapy. **Attendance at this class can only be through the referral system via the GP or pulmonary rehabilitation team.** There is an opportunity to socialise after the class.

KICKSTART

KickStart is our Healthy Living Course. An informal group looking at healthy eating topics and incorporating a beginners circuit class. There is an opportunity to weigh and ask questions. This class is open to everyone and each course covers a rolling 10 week programme. You can join at any time but may need a referral depending on your medical history and present activity levels—please call for further information. The group sessions provide Weight management and behaviour change techniques to improve your overall health and wellbeing.



BEGINNERS CIRCUITS

This class is suitable for complete beginners and improvers and has options for those who are unable to stand for longer periods. There will be a variety of exercises in a circuit type set up, promoting mobility, flexibility, muscular strength and endurance, and improved cardiovascular tolerance. Again, referral onto the Exercise Referral Scheme has shown to increase motivation when beginning an exercise programme but this class is also open to anyone who wishes to increase their fitness level. Please call for information.

GYM & LEISURE PROVISION



We work with community leisure service providers at the Leisure Centres and private gyms in the district. Referred individuals will have the chance to exercise with like-minded people in a

friendly environment, supervised by qualified Exercise Instructors. Everyone who uses the gym will have a comprehensive induction and on-going programme reviews to help you reach your goals. We have some specially negotiated rates for those on referral - your Healthy Lifestyle Advisor can talk to you about this at your first assessment.

CANCER REHABILITATION

Individual specific exercise advice and recommendations to aid rehabilitation.

Additional support options and community exercise provision will be advised.



You will require a referral. Please speak to your GP/ Nurse or call the team for more information.