

Get Active Get Healthy

at Beau Sejour Leisure Centre



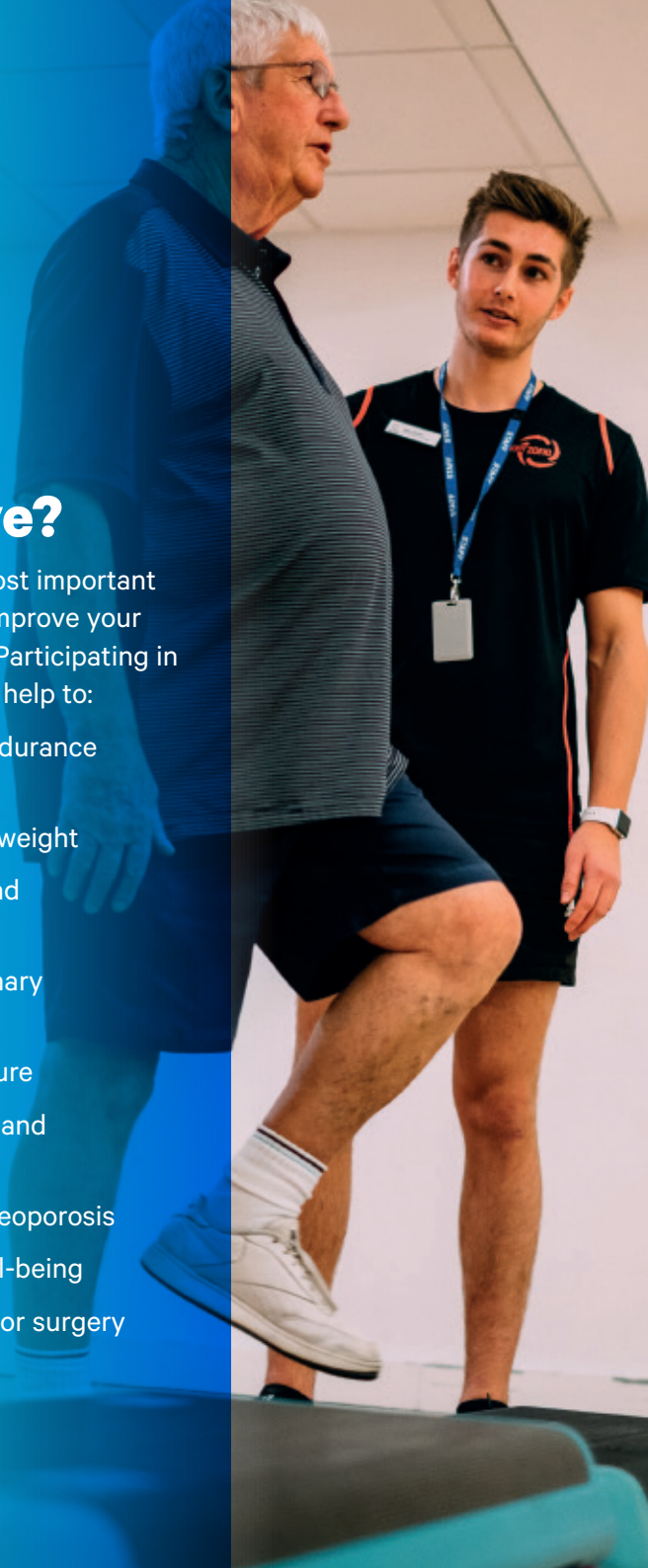


ActiveHealth

Why be active?

Being active is one of the most important steps you can take to help improve your physical and mental health. Participating in regular physical activity can help to:

- ✓ Improve your stamina, endurance and energy levels
- ✓ Reduce or maintain your weight
- ✓ Increase your strength and improve flexibility
- ✓ Reduce your risk of coronary heart disease
- ✓ Control your blood pressure
- ✓ Improve your confidence and self-esteem
- ✓ Reduce the effects of osteoporosis
- ✓ Improve your general well-being
- ✓ Aid recovery from illness or surgery



What is Active Health?

Our Active Health Classes are aimed at people who might need some encouragement to be more physically active. The classes are friendly, fun and sociable with small, supportive groups where exercises can be adapted to suit various fitness levels, so you can work at your own pace. Take a look at our current Active Health programme below:



Active Health Gym Class

An all-round gym-based fitness programme using specialist gym equipment under the supervision of Active Health Instructors (The class will start with a low resistance and low intensity programme which will gradually be progressed based upon your goals.)



Active Health Studio Class

An all-round functional programme with a mixture of activities, cardio and strength work with a range of equipment to improve fitness levels and tone your body. It is perfect for individuals with reduced mobility, poor balance and lower fitness levels.



Active Health Circuit Class

A mix of exercises using studio-based equipment and specialised gym equipment. The class will help you to become stronger whilst building your stamina through the use of a variety of equipment and types of exercise.



Active Health Stretch Class

Our Active Health stretch class has been designed as a gentle mobility session combining both seated and standing stretches.



Active Health Chair Class

Perfect for individuals with reduced mobility, poor balance and lower fitness levels. The class focuses on chair based functional moves, balance and mobility, designed to improve heart and lung function and functional strength.



Active Health Aqua Health/ Aqua Move Classes

An effective low-impact pool-based workout to improve your fitness without putting stress on your body.

How much will the classes cost?

Active Health Classes cost £3.80, independent **swimming is £1 a visit**, or both are free when you take out the Freedom Active Membership:



Freedom Active Membership

- ✓ Unlimited access to BodyZone gym
- ✓ Unlimited access to public swimming sessions
- ✓ Personalised induction session
- ✓ One programme review session each month
- ✓ Unlimited access to Active Health classes and discounted member rates for many other Centre facilities and activities

Price Category	Annual Payment	DD Payment	Casual Monthly
All	£240.00	£25.00	£30.00

What should I do now?

- ✓ Complete and return your application via email or at our reception (post or in person).
- ✓ One of our Active Health Team will then be in touch to discuss the best class for you and to arrange a start date.
- ✓ The application form can be found at the end of this booklet or on our website.

For more information please contact the Active Health team:

Address: **Active Health, Beau Sejour Leisure Centre, Amherst, GY1 2DL**

Telephone: **220508**

Email: **ActiveHealth@gov.gg**

Active Health Time Table

Day	Class	Time	Location
Monday	Active Health Gym	10.30am - 11.30am	Gym
	Active Health Stretch	11.30am - 12.15pm	Fitness Studio
Tuesday	Active Health Gym	10.30am - 11.30am	Gym
	Active Health Studio	11.30am - 12.30pm	Fitness Studio
	Active Health Circuit	1.30pm - 2.30pm	Fitness Studio/Gym
Wednesday	Active Health Gym	10.30am - 11.30am	Gym
Thursday	Active Health Gym	10.30am - 11.30am	Gym
	Active Health Studio	11.30am - 12.30pm	Fitness Studio
	Active Health Chair	2.30pm - 3.15pm	HLC
Saturday	Active Health Gym	10am - 11am	Gym

* classes subject to change.
* Version 3. All information contained within this booklet correct at time of print - April 2024.

Active Health Application Form

Before you attend your first class, you will need to register with us by completing and returning the application below.

A member of the Active Health Team will then contact you.



Name: DoB:

Address:

Postcode:

Email: Phone:

Please answer the following questions:	YES	NO
Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?		
Do you feel pain in your chest when you do physical activity?		
In the past month, have you had a chest pain when you were not doing physical activity?		
Do you lose balance because of dizziness or do you ever lose consciousness?		
Do you have a bone or joint problem (for example back, knee or hip) that could be made worse by a change in your physical activity?		
Is your doctor currently prescribing medication for your blood pressure or heart condition?		
Do you know of any other reason why you should not take part in physical activity?		
<p>Please note, you must be 12 weeks + post surgery before starting our Active Health Programme.</p> <p>If you've answered YES to any question, please specify:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>		

Please turn over to complete this form...



Active Health Application Form (continued)

If you answered YES to one or more questions:

You should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health.

If you answered NO to ALL of the questions:

It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level. A fitness appraisal can help determine your ability levels.

I have read, understood and accurately completed this questionnaire. By signing I consent to the Active Health Terms and Conditions (available on our website or in the Centre). I also confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

Signature:

Print Name:

Date:

Having answered YES to one of the questions above, I have sought medical advice and my G.P. has agreed that I may exercise.

G.P. Signature:

Print Name:

Date:

What happens now?

A member of the Active Health team will contact you once they have received your application form.

Please return the application form to us at:

Active Health, Beau Sejour Leisure
Centre, Amherst, GY1 2DL
or email us **ActiveHealth@gov.gg**

For more information please contact the
Active Health team:

Telephone: **220508**

Email: **ActiveHealth@gov.gg**

Website: **www.beausejour.gg**