

## Active For Health - Guidance for Public

### 1. Introduction

Huntingdonshire District Council (HDC) recognises the importance of people leading healthy, active lifestyles. It also recognises the unique position of the Council to enable and empower all individuals to be able to take part in positive activity through its various facilities, programmes and services offered by its in-house leisure provider arm 'One Leisure'.

### 2. Benefits of exercising

There are many benefits of being active. It's medically proven that people who do regular physical activity have a lower risk of:

- coronary heart disease and stroke
- type 2 diabetes
- bowel cancer
- breast cancer in women
- early death
- osteoarthritis
- hip fracture
- falls (among older adults)
- depression
- dementia

Exercise can also improve your general mood by releasing endorphins, which you could think of as happy hormones. Self-confidence and sleep quality can also be improved as well as giving you more energy and reducing stress levels. It can help you lose weight if you need to and keep the weight off after you've lost it. It's important to remember that being active is even more beneficial if you're also making healthier food choices, not smoking, and getting enough sleep.

### 3. What?

We will be running group programmes of 'Active for Health' across the district.

The Active for Health programme is for adults (18 and over). You can sign up for the 'Active for Health' programme if you have a BMI of 25 or over, or 23.5 if you are from the BME community.

Anyone who takes part will be currently inactive (doing less than 30 minutes of activity per week).

Located at either a leisure centre or in a public open space, the programme consists of 12 weeks of group activities including fitness classes, walking sports, team games, healthy eating, and wellbeing walks. Activities will be chosen by the group in consultation with the coach.

Participants in the programmes will be offered a 90-day membership for One Leisure to run alongside the 12-week programme. Participants will have free use of the facilities to attend activities of their choice including badminton\*\*, indoor cycling, the gym, fitness classes and swimming, amongst other targeted activities delivered across One Leisure. \*Subject to eligibility criteria being met.

\* Additional free 90-day One Leisure offer is subject to additional eligibility criteria. Individuals who have been a pre-paid member of One Leisure in the previous 12 months from date of application, may take part in the course but will not be eligible for this secondary benefit. Memberships cannot be exchanged for the duration of the programme.

\*\* Badminton and other racket sports will only be free at off peak times (before 4:30pm weekdays and anytime at weekends).

At the end of the 12 weeks, depending on certain targets being met, participants will be offered a reduced rate One Leisure membership.

#### **4. Eligibility Criteria**

- Adults (18 years and over) with a BMI of 25 or over, or 23.5 if you are from the BME community

#### **AND**

- be inactive, (undertake less than 30 minutes of exercise per week)
- residents of Huntingdonshire District
- customers will only be 'eligible' for one 'Active For Health' offer or similar (for example: Active for Health Xtra and Staying Active)

#### **4.1 Allocation of Active for Health Place**

Eligibility will be the final decision of the Scheme Manager.

## **4.2 Proof of eligibility**

Proof of eligibility will be required from all applicants.

- Self-certified BMI of 25+ or 23.5 if you're from the BME community
- Self-certified as being inactive (completing less than 30 mins of physical activity per week)

## **5. How to apply**

Sign up for the programme through completion of an electronic form. The form will be available on-line only.

Applicants will be informed within 10 working days if you have been accepted onto the scheme.

Individuals who require additional support to complete the form:

- Is there someone else you can ask to help you to complete it?
- One Leisure Receptions – if you have no one else to ask then One Leisure Receptions may be able to assist; you may need to wait for assistance.
- Customer Services at Pathfinder House - if you have no one else to ask then Customer Services at Pathfinder House, St Mary's Street Huntingdon may be able to assist; you may need to wait for assistance.

## **6. Cost**

The Scheme is free of charge for the customer.

## **7. Duration**

The initial programmes will be for 12 weeks.

Following the end of the initial 12 weeks, subject to targets having been met, participants will be offered a reduced rate One Leisure membership.

Customers will only be 'eligible' for one 'Active for Health' cohort.

## **8. Existing One Leisure Members**

Existing members who are currently inactive with a qualifying BMI are eligible to take part in the 12-week course. They are not eligible for the additional 90-day free One Leisure pass.

The additional incentive offer applies to NEW members only as we are targeting those who are currently inactive (undertaking less than 30 minutes of exercise per week). Existing Pre-Paid Members are NOT eligible for this additional incentive but can still take part in the 12 week programme. Eligibility will be subject to a 10-day application and verification period.

## **9. Centre Regulations**

All 'Active for Health' card holders will be subject to the standard [T&Cs Memberships](#)

## **10. Summary**

Eligibility will be the final decision of the Scheme Manager. HDC reserve the right to withdraw the 'Active for Health' offer if false declaration is given or in the event of misuse. Membership is not transferable. Information is correct at the time of publication but as this is a new scheme terms and conditions are subject to change.