

Exercise4Fun Guidance

What?

'Exercise4Fun' is a 12-week FREE active lifestyle programme taking place at Sawston, Melbourn and Linton leisure centres.

'Exercise4Fun' will have 3 formats;

- Adult (18+) programmes at all 3 leisure centres
- 1 adult (18+) disability programme at Sawston only
- 1 family programme for children aged 11-16 and accompanying parent/guardian, at Sawston only

The adult programme will be for participants with a BMI 25+ (Ethnic minority groups 23.5+) and inactive. Both the adult disability and family programme will be for participants who are concerned about their weight.

Anyone who takes part will be currently inactive (doing less than 30 minutes of activity per week), and not an existing member of a leisure centre.

Each 12-week programme could consist of group activities including e.g.;

- Wellbeing walks,
- Yoga,
- Swimming,
- A motivate and inspire session
- Cricket,
- Football,
- Badminton,
- New Age Kurling,
- Boccia

The activities will be chosen by the group in consultation with the qualified instructor(s). The group sizes will be 12 participants.

The programme will also include fitness tests and progress data collection at weeks 1, 6 and 12. This will include BMI, an 'adapted shuttle test', sit to stand, step count.

Following completion of session one, each participant will be awarded a 90-day free pass to run alongside the programme. This is to support activity progress whilst on the programme.

At the end of the 12-week programme, participants may be offered a further 90-day pass depending on certain targets being met and attending 75% of the classes (9 out of 12).

Benefits of exercising

Through regular physical activity, an individual can experience many health benefits. Below are a handful of the benefits that have been medically proven:

- Reduced risk of coronary heart disease
- Reduced risk of type 2 diabetes
- Reduced chance of early death
- Improved mental wellbeing
- Reduced chance of falls in older adults
- Increased strength in bones and muscles

It is important to remember that exercise can help to manage weight, and also improves confidence and mood through the release of endorphins. We may even see our sleep quality improving. There are also many social benefits to exercise, particularly if we are exercising with other people.

Eligibility Criteria

- Adults (18+) with a BMI over 25 (Ethnic minority groups 23.5+) and considered inactive.
- Family (1 child of 11-16, with accompanying parent/guardian) who are concerned with their weight or inactivity
- Adults (18+) living with a disability who are concerned with their weight or inactivity

and

- Currently completing less than 30 minutes of physical activity per week
- Must be residents of South Cambridgeshire District Council
- Participants will only be eligible for one 'Exercise4Fun' programme

- Participants must complete the HealthyYou Baseline Questionnaire to receive their 90-day FREE pass
- Does not have a membership at the Leisure Centre or other gym

Allocation of Exercise4Fun place

Eligibility will be the final decision of the programme manager.

Proof of eligibility

Proof of eligibility will be required from all applicants.

- Self-certified BMI of 25 (Ethnic minority groups 23.5+) or more OR
- Self- certified as being inactive (completing less than 30 mins of physical activity per week)

How to apply

Individuals will sign up using an online form directly through the leisure centre website. This will be an electronic form that can be completed as a self-referral.

The application will be approved by a staff member working on the programme at that specific leisure centre.

Applicants will be informed by the leisure centre staff if they have been accepted onto the programme within 10 working days.

Individuals who require additional support to complete the form:

- Is there someone else you can ask to help you to complete it?
- Leisure Centre Receptions – if you have no one else to ask, then the Leisure centre receptions may be able to assist; you may need to wait for assistance

Terms and Conditions

- South Cambridgeshire District Council reserve the right to withdraw the 'Exercise4Fun' programme offer if false declaration is given or in the event of misuse.
- The 90-day pass is not transferable and can only be used by the participant attending the course.
- The information provided is correct at the time of publication, but this is subject to change due to the programme being new.