

## FOR EXPECTANT & NEW MUMS

### AQUA NATAL

Our Aqua Natal classes are for mums to be who can attend at any stage of pregnancy. They offer a safe and effective way of keeping physically active during pregnancy and all sessions are led by fully qualified instructors with specialist knowledge in pre and post natal exercise.

### PRE/POST NATAL EXERCISE

Our Pre/Post Natal Exercise classes are land based circuit styled classes which are open to women at each trimester and also for a short post natal period. Women can attend the classes on a Post Natal basis after six weeks if they have had a normal delivery or 12 weeks if they have had a caesarean section. Babies can be brought to the classes as long as they can remain in their pram for the duration of the session.

Payment for the classes can be made direct at the venues.ty.

### ACTIVE AGE

The Active Age programme is our mainstream programme for all older adults. There is a fabulous programme of activity available at our main sports venues. These classes are low level, high energy classes and accommodate a range of fitness levels. They provide a great social experience for participants while helping them remain functional at the same time. The classes are included as part of the Access NL Membership and can also be paid for on an individual basis.

### REFERRAL PROCEDURES

Please use the Active Health Referral Form for referrals for:

- Active Health Programme – General
- Active Health Programme – Specialist Health Classes (Strength and Balance, Cardio I, Cardio II, Back Care)
- Weigh to Go
- Move More

Please advise clients that they can book direct with their chosen centre for:

- Aqua Natal
- Pre/Post Natal
- Inbody 720 (Available at Broadwood NL only)

For a full programme of the classes detailed in this booklet visit our website [www.nlleisure.co.uk](http://www.nlleisure.co.uk) or for more information contact:

**Melanie Menzies** (Health & Wellbeing Manager)  
Tel: 01236 341709 Email: [melanie.menzies@nlleisure.com](mailto:melanie.menzies@nlleisure.com)

# ACTIVE HEALTH PROGRAMMES



## A GUIDE TO ACTIVE HEALTH PROGRAMMES IN NORTH LANARKSHIRE

NL Leisure's Active Health Programme, in partnership with NHS Lanarkshire, provides a range of supported programmes to help individuals realise the benefits of becoming more physically active and also assisting those who are recovering from minor or serious illness.

The programme is delivered in two main ways:

- A General Programme where individuals can access the mainstream health and fitness programmes running within NL Leisure venues.
- A Specialised Health Class Programme which is available to individuals who require additional specialised support in taking part in physical activity.

This booklet is for anyone who is dealing with individuals who would benefit from a reduction in sedentary behaviour, increase in physical activity or who need more specific support in taking part in physical activity sessions due to a particular health issue. The booklet may also be used for individuals who want to find out more about what support is available to them locally.

### ACTIVE HEALTH – GENERAL

This element of the programme is for individuals who are able to exercise independently and who may have a range of low risk health issues. These issues could be generally physically inactive, low mood, requirement to improve mobility or support for addiction challenges.

The programme is available in all NL Leisure venues and participation in this part of the programme is offered free of charge for an eight week period, incorporating unlimited use of the swimming pools, fitness gyms, health suites and fitness classes. Individuals will also receive a gym induction and two individual programme cards. At the end of the eight weeks, individuals may opt to join the Access NL Membership Scheme or pay per session as they attend the venues.



## ACTIVE HEALTH – SPECIALIST HEALTH CLASSES

The Specialist Health classes are split into four levels to accommodate specific abilities. All of these classes are led by fully qualified rehabilitation instructors and offer a community based support programme following a clinical based rehabilitation.

**These classes are:  
Strength and Balance, Cardio I, Cardio II and Back Care.**

### STRENGTH AND BALANCE

The Strength and Balance classes are available for a wide range of individuals with a long term health condition(s). These sessions are most suitable for individuals who are frail, elderly, de-conditioned or functionally impaired. The classes are predominantly chair based and provide functional exercise sessions designed to encourage participants to exercise safely and progressively. Specialist Postural Stability Instructors lead these classes within selected venues across North Lanarkshire. The first 20 sessions are free of charge to participants and thereafter a £2.10 session charge applies. Typical individuals attending these classes may be/have:-

- Elderly
- Multiple Sclerosis
- Osteoporosis
- Parkinson's Disease
- Stroke
- Cognitive difficulties
- Chronic Obstructive Pulmonary Disease/ breathing difficulties

Individuals attending the Strength and Balance classes must be able to get to and from the venues independently.

### CARDIO I

The Cardio I exercise classes are suitable for a wide range of individuals with long term health condition(s). The classes focus on improving cardiovascular fitness and include a mixture of both functional training and aerobic conditioning. The sessions are more intense than our Strength and Balance classes and are more suited to individuals who are more independent in everyday activities. Typical individuals attending these classes may be/have:-

- Cardiac rehabilitation clients
- Multiple Sclerosis
- Osteoporosis
- Musculoskeletal conditions
- Chronic fatigue
- Stroke
- Chronic Obstructive Pulmonary Disease/breathing difficulties
- Any other long term condition

Please note that referral to the Cardio I classes for anyone with an established cardiac condition can only be made within a six month period of their last cardiac incident and following an appropriate hospital based rehabilitation programme being completed. If outwith this timescale please call 01236 341709 for additional guidance.

### CARDIO II

Cardio II exercise classes are suitable for a range of individuals with a long term health condition. The programme is aimed at individuals who are fully independent despite having a long term condition. The programme is more intense than both the Strength and Balance classes and the Cardio I classes. Typical individuals attending maybe/ have:-

- Cardiac conditions
- Weight Issues
- Musculoskeletal issues

Please note that referral to the Cardio II classes for anyone with an established cardiac condition can only be made within a six month period of their last Cardiac incident and following the completion of an appropriate hospital based phase three Cardiac Rehabilitation Programme. If outwith this timescale please call 01236 341709 for additional guidance.

### BACK CARE

The Back Care Class Programme is for individuals who have chronic back issues and who may benefit from some gentle exercise to address functional strength, flexibility and core strength. Classes are delivered on a circuit style basis so that individuals can work at a level to suit their unique needs and abilities.





### WEIGHT MANAGEMENT PROGRAMMES

With the levels of the adult Scottish population who are overweight/obese continually rising, a range of specific programmes have been developed to support individuals manage their weight.

#### WEIGH TO GO

Weigh to Go is a 15 week supported weight management programme run in conjunction with NHS Lanarkshire. The courses take a three stage approach to weight management by addressing:

- Education around healthy eating
- Behavioural change
- Physical activity

Each class lasts 1 hour and 30 mins and is split into a 45 min educational and behavioural change section followed by 45 mins of physical activity.

Weigh to Go is provided free of charge for the first 15 sessions and thereafter is £2.10 per class.

Courses are restricted to 15 per session so pre booking is advisable.

Courses run at most NL Leisure Venues and up to date class details can be found by visiting [www.nlleisure.co.uk](http://www.nlleisure.co.uk)

### INBODY 720 BODY ANALYSIS

The Inbody 720 Analysis provide a 30 minute one to one session which provides a computerised print out of an individual's muscle mass, visceral fat levels, water levels, BMI, weight, bone density, lean balance and ideal weight. This is also free of charge and provides an opportunity to discuss weight management and general physical activity

programmes. It can be used for clients from the age of six upwards and the machine can weigh individuals up to 39stone/248kgs.

The Inbody 720 is located at Broadwood Leisure Centre and to book an appointment clients/practitioners should call Melanie Menzies, Health and Wellbeing Manager direct on 01236 341709 or email [melanie.menzies@nlleisure.com](mailto:melanie.menzies@nlleisure.com)

### MOVE MORE (CANCER SUPPORT)

Move More is a new programme being brought to NL Leisure venues in partnership with MacMillan Cancer Support. Cancer and its treatments can cause physical changes and dealing with these is often very stressful. Being more physically active can help individuals cope with and recover from some of these changes, including:

- Reducing tiredness and fatigue
- Reducing stress and anxiety
- Looking after bones and heart
- Reducing risk of a blood clot
- Helping keep a healthy weight

The programme is a 12 week programme after which participants can be moved into the general Active Health programme or into the mainstream programmes running within the venues. As well as the physical activity strand of the programme, you can also refer to the Walking, Gardening and Gentle Movement programmes. Referrals are made on the normal Active Health Referral Form. The 12 week programme is delivered free of charge to participants and each session lasts 1 hour and 30 mins.

*'Cancer is the toughest fight most of us will ever face. But no-one should go through it alone. The MacMillan team is with you every step of the way, from the nurses and therapist helping you through treatment to the campaigners improving the cancer care.'*

**Together, we are all Macmillan Cancer Support'**