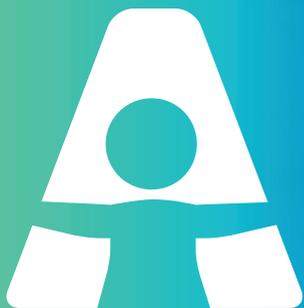


Get Active Get Healthy

at Beau Sejour Leisure Centre



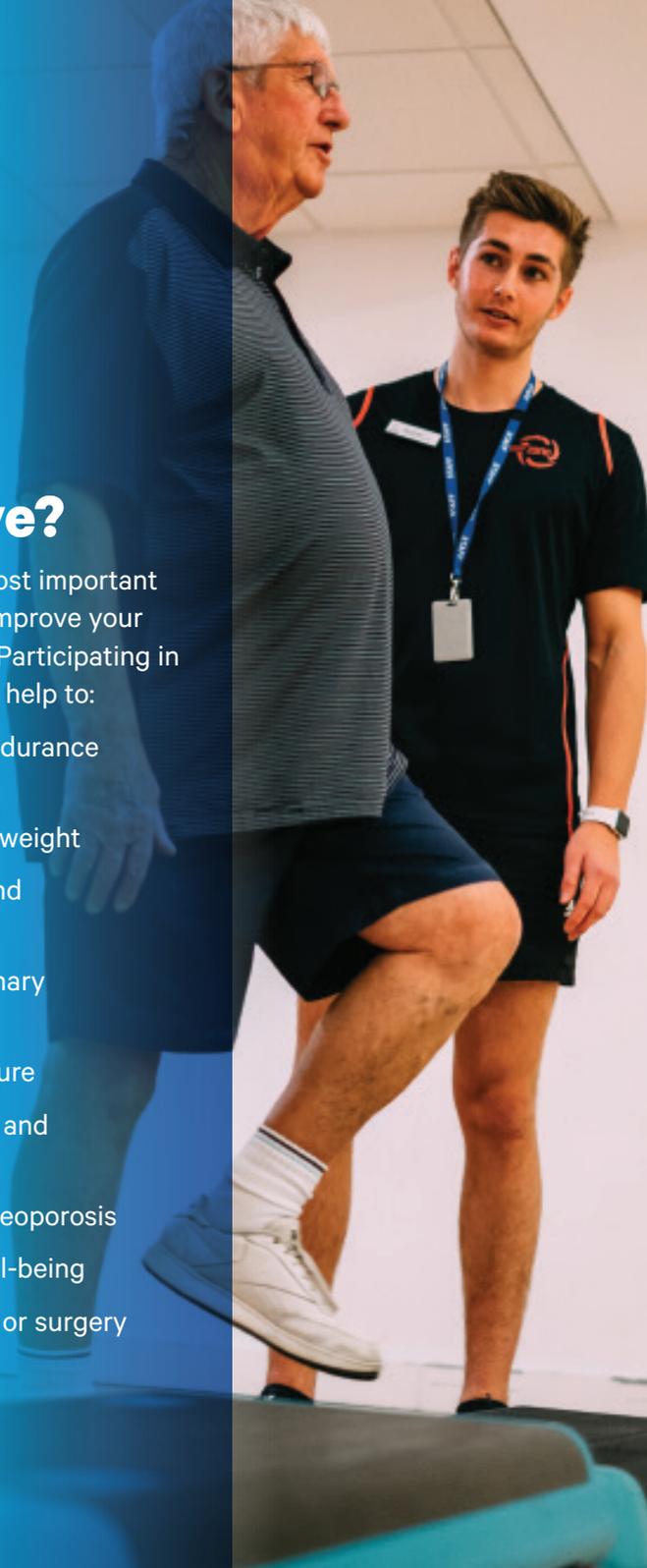


ActiveHealth

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



Active Health

Active Health is a programme of activities held at Beau Sejour Leisure Centre aimed at helping you to improve your levels of fitness, strength, balance and mobility.

The classes are held in the BodyZone gym, fitness studio, healthy lifestyle centre and swimming pool wing. The classes are supervised by our trained instructors who are on hand to monitor your progress and to keep a look out for any problems or worries you may have.

The Active Health activities are suitable for those individuals who are:

- ✓ Over 16 years
- ✓ Have a stable medical condition
- ✓ Have no heart condition
- ✓ Are not receiving treatment for cancer
- ✓ Are not pregnant



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?

The Active Health classes cost £3.30 or 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?

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

One of our Active Health team will then be in touch to discuss the best class for you and to arrange a start date.

Please return the application form to us at:

Active Health, Beau Sejour Leisure Centre, Amherst, GY1 2DL

You can also register by downloading, completing and returning the application form on our website www.beausejour.gg to us at ActiveHealth@gov.gg

For more information please contact the Active Health team:

Telephone: **220508**

Email: ActiveHealth@gov.gg

Website: www.beausejour.gg

Active Health Time Table

Day	Class	Time	Location
Monday	Active Health Gym	9.30am-10.30am	Gym
	Active Health Gym	10.30am-11.30am	Gym
	Active Health Gym	11.30am-12.30pm	Gym
	Active Health Stretch	11.30am-12.15pm	Fitness Studio
	Active Health Gym	4pm-5pm	Gym
Tuesday	Active Health Gym	9.30am-10.30am	Gym
	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	10.00am-11.00am	Gym
	Aqua Health	10.15am-10.45am	Swimming Pool Wing
	Aqua Move	10.45am-11.25am	Swimming Pool Wing
	Aqua Move	11.30am-12.10am	Swimming Pool Wing
	Active Health Gym	4pm-5pm	Gym
Thursday	Active Health Gym	9.30am-10.30am	Gym
	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
	Active Health Gym	5pm-6pm	Gym
Friday	Active Health Gym	10.30am-11.30am	Gym
	Active Health Gym	11.30am-12.30pm	Gym
	Aqua Move	11.am-11.40am	Swimming Pool Wing
	Aqua Health	11.45am-12.15pm	Swimming Pool Wing
	Active Health Circuit	1.30pm-2.30pm	Fitness Studio/Gym
Saturday	Active Health Gym	10am-11am	Gym

*classes subject to change.

Active Health Application Form



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

Client Name: DoB:

Address:

Email: Phone:

Please tick if you are registering for **Aqua Health/Aqua Move** classes: YES NO

What are your main reasons for starting a fitness programme?	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?		
If YES, please comment:		

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 GP has agreed that I may exercise.

G.P. Signature:

Print Name:

Date

Please return the application form to us at:

Active Health, Beau Sejour Leisure Centre, Amherst, GY1 2DL

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