

Physical activities and healthy living

Steps to Get Active

www.betterhealthns.co.uk/information/steps

All classes take place at Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY.

All classes at FREE, unless otherwise stated.

Activity	When	Duration	Contact
<p>Better Breathing 12 weeks of free physical activity group sessions for adults in North Somerset living with a long term lung condition and experiencing symptoms of breathlessness. The circuit-based sessions are designed to safely build your fitness, reducing breathlessness and helping you to breathe better.</p>	<p>Mondays 2-3pm, starting 15 January 24)</p>	<p>12 weeks free with the potential to continue for a weekly cost</p>	<p>Amanda Burroughs: Call: 07917 116154 or Email: tony_amanda@hotmail.co.uk</p>
<p>Cardiac Rehab (phase 4) 12 weeks of free physical activity group sessions for adults in North Somerset who have experiences a heart related event, intervention, surgery or following a diagnosis such as heart failure.</p>	<p>Mondays 1-2pm, starting 15 January 24)</p>	<p>12 weeks free with the potential to continue for a weekly cost</p>	<p>Amanda Burroughs: Call: 07917 116154 or Email: tony_amanda@hotmail.co.uk</p>

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<p>Fibromyalgia Exercise Class Supporting you to take part in physical activity gradually, building up your activity levels slowly over time, tailored to your condition and ability. Sessions will include low impact aerobic and muscle strengthening exercises specifically aimed at reducing pain and stiffness and improving function.</p>	<p>Mondays: 7-8pm or Thursdays: 10.30-11.30am</p> <p>(choose from one of two classes)</p>	<p>Week 1: meet the instructor, look round the centre, discuss the activities you want to try Weeks 2 – 12: take part in the physical activity programme and hear from local health professions such as social prescribers and the Healthy Lifestyle advisors</p>	<p>Call: 01934 425900 (ask for Kylie Taylor) Email: kylie.taylor@legacyleisure.org.uk</p>
<p>Mental Health Exercise Class – currently on hold Closed group for Avon and Wiltshire Mental Health Partnership service users.</p> <p>12-week programme, tell us what activities you would like to try and we can shape the programme around the participants.</p> <p>Bring a friend for free.</p>	<p>Chat to your care coordinator for more info.</p>	<p>Week 1: welcome session, opportunity to tell us what activities you want to try. Week 2-12: opportunity to try different fun, sociable, gentle activities, such as: walking football, badminton, yoga, table tennis to gym, gentle circuits and sports, etc.</p>	<p>Chat to your care coordinator for more info.</p>

Get Active in North Somerset

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Activity	When	Duration	Contact
<p>Parkinson's Exercise Class Do you have Parkinson's disease? Exercise is proven to help! Balance, coordination, gait, flexibility, and also depression, constipation, sleep and memory.</p>	<p>Fridays, 12-1pm</p>	<p>12-week course with the opportunity to continue</p>	<p>Info@neurogroupexercise.com Call Rowan: 07518 964332 or Amanda: 07917 116154</p>
<p>Stroke Rehabilitation Class Have you suffered a stroke? Exercise is proven to help! Balance, coordination, gait, functional capacity, mobility, and fine motor skills, reduce pain, fatigue and risk of further strokes.</p>	<p>Fridays, 1-2pm</p>	<p>12-week course with the opportunity to continue</p>	<p>info@neurogroupexercise.com Call Rowan: 07518 964332 or Amanda: 07917 116154</p>