

Get Active in North Somerset

Physical activities and healthy living

Steps to Get Active

Please visit this website for more information: www.betterhealthns.co.uk/information/steps

All classes are free for 12 weeks with the potential to continue for a weekly cost.

Activity	When	Location	Contact
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.	Mondays 2 to 3pm	Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY	Amanda Burroughs: Call: 07917 116154 or Email: Amanda.burroughs@activect.org.uk
Cancer Prehab/Rehab 12 weeks of free physical activity group sessions for adults in North Somerset living with and beyond cancer. The group programme is designed to safely build your fitness, strength and confidence through a circuit-based class that can be adapted to all levels of fitness.	Thursdays 2 to 3pm	Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY	To self refer, visit: https://secure.referrals/parkwoodleisure/Refer

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Cardiac Rehab (phase 4) 12 weeks of free physical activity group sessions for adults in North Somerset who have experienced a heart related event, intervention, surgery or following a diagnosis such as heart failure.	Mondays 1 to 2pm	Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY	Amanda Burroughs: Call: 07917 116154 or Email: Amanda.burroughs@activect.org.uk
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.	Thursdays: 10.30 to 11.30am Or Saturdays 11.15am to 12pm (choose from one of two classes)	Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY	To self refer, visit: https://secure.refer-all.net/referrals/parkwoodleisure/Refer
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.	Fridays, 12 to 1pm	Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY	To self refer, visit: https://secure.refer-all.net/referrals/parkwoodleisure/Refer

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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.	Fridays, 1 to 2pm	Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY	Amanda Burroughs: Call: 07917 116154 or Email: Amanda.burroughs@activect.org.uk

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Seated Exercise Exercise is proven to help. Improve balance, reaction times and flexibility. Build strength and confidence. Help reduce your chance of falling.	Thursdays 2 to 3pm £5.90 a week	Scotch Horn Leisure Centre, Nailsea, BS48 1BZ	Amanda Burroughs: Call: 07917 116154 or Email: Amanda.burroughs@activect.org.uk
Diabetes – Pre and Type 2 Exercise can prevent or reverse type 2 diabetes, especially if caught early. It helps control blood sugar, boosts insulin sensitivity, and reduces the risks of complications.	Tuesdays 10am £5.90 a week	Scotch Horn Leisure Centre, Nailsea, BS48 1BZ	Amanda Burroughs: Call: 07917 116154 or Email: Amanda.burroughs@activect.org.uk
Seated yoga and wellness for those with long term health conditions Gradual support to increase physical activity over time. Tailored to individual condition and ability.	Wednesdays, 1.30pm £5.90 a week	Scotch Horn Leisure Centre, Nailsea, BS48 1BZ	Amanda Burroughs: Call: 07917 116154 or Email: Amanda.burroughs@activect.org.uk

Activity	When	Location	Contact
Stay Steady Seated exercise. Exercise is proven to help. Improve balance, reaction times and flexibility. Build strength and confidence. Help reduce your chance of falling.	Wednesdays, 2-3pm £6 a week	The Barn, Clevedon	Amanda Burroughs: Call: 07917 116154 or Email: Amanda.burroughs@activect.org.uk