

# Active For Health - Guidance for Public

## 1. Introduction

East Cambridgeshire District Council (E CDC) recognises the importance of people leading healthy, active lifestyles and the impact Sport, Physical Activity and Exercise can have on individuals and groups of people.

## 2. Benefits of exercising

There are many benefits of being active. It's medically proven that people who do regular physical activity have a lower risk of:

- coronary heart disease and stroke
- type 2 diabetes
- bowel cancer
- breast cancer in women
- early death
- osteoarthritis
- hip fracture
- falls (among older adults)
- depression
- dementia

Exercise can also improve your general mood by releasing endorphins, which you could think of as happy hormones. Self-confidence and sleep quality can also be improved as well as giving you more energy and reducing stress levels. It can help you lose weight if you need to and keep the weight off after you've lost it. It's important to remember that being active is even more beneficial if you're also making healthier food choices, not smoking, and getting enough sleep.

## 3. What?

We will be running group programmes of 'Active for Health' across the district.

The Active for Health programme is for adults (18 and over). You can sign up for the 'Active for Health' programme if you have a BMI of 25 or over (23.5 in BME groups).

Anyone who takes part will be currently inactive (doing less than 30 minutes of activity per week).

Located at either a leisure centre or in a public open space, the programme consists of 12 weeks of group activities including fitness classes, walking sports, team games, healthy eating, and wellbeing walks. Activities will be chosen by the group in consultation with the co-ordinator. Some basic tests and measures will take place at the start and end of programme to measure impact.

The group size will be a maximum of 16 participants.

Participants in the programmes will be offered a 12 week membership at a local leisure centre to run alongside the 12-week programme. At the end of the 12 weeks, depending on certain targets being met, participants will be offered a further 12 weeks free use of the centre.

#### **4. Eligibility Criteria**

- Adults (18 years and over) with a BMI of 25 or over (23.5+ in BME groups)  
**AND**
- be inactive, (undertake less than 30 minutes of exercise per week)
- residents of East Cambs District
- customers will only be 'eligible' for one 'Active for Health' offer

##### **4.1 Allocation of Active for Health Place**

Eligibility will be the final decision of the Scheme Manager.

##### **4.2 Proof of eligibility**

Proof of eligibility will be required from all applicants.

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

#### **5. How to apply**

Sign up for the programme through completion of an electronic form. The form will be available on-line only.

Applicants will be informed within 10 working days if you have been accepted onto the scheme.

Individuals who require additional support to complete the form:

- Is there someone else you can ask to help you to complete it?
- Customer Services or Leisure Services at The Grange, Ely - if you have no one else to ask then Customer Services at The Grange, Nutholt lane, Ely may be able to assist; you may need to wait for assistance.

## **6. Cost**

The Scheme is free of charge for the customer. (Funded by Public Health)

## **7. Duration**

The initial programmes will be for 12 weeks.

Following the end of the initial 12 weeks, subject to targets having been met, participants will be offered a further 12 weeks free use of the associated centre.

Customers will only be 'eligible' for one 'Active for Health' cohort.

## **8. Summary**

Eligibility will be the final decision of the Scheme Manager. ECDC reserve the right to withdraw the 'Active for Health' offer if false declaration is given or in the event of misuse. Membership is not transferable. Information is correct at the time of publication but as this is a new scheme terms and conditions are subject to change.