

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 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>	Mondays 2-3pm	12 weeks free with the potential to continue for a weekly cost	Amanda Burroughs: Call: 07917 116154 or Email: tony_amanda@hotmail.co.uk
<p>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.</p>	Mondays 1-2pm	12 weeks free with the potential to continue for a weekly cost	Amanda Burroughs: Call: 07917 116154 or Email: tony_amanda@hotmail.co.uk

Get Active in North Somerset

Physical activities and healthy living

Activity	When	Duration	Contact
<p>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.</p>	Mondays 1-2pm	12 weeks free with the potential to continue for a weekly cost	Amanda Burroughs: Call: 07917 116154 or Email: tony_amanda@hotmail.co.uk
<p>Dementia 12 weeks of free physical activity group sessions for adults in North Somerset living with dementia. Carers are welcome to join in for all or part of the session.</p>	Fridays 2.15-3pm	12 weeks free with the potential to continue for a weekly cost	Amanda Burroughs: Call: 07917 116154 or Email: tony_amanda@hotmail.co.uk
<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>	Thursdays: 10.30-11.30am Or Saturdays 11.15-12 noon (choose from one of two classes)	12 weeks free with the potential to continue for a weekly cost	To self refer, visit: https://secure.refer-all.net/referrals/parkwoodleisure/Refer

Get Active in North Somerset

Physical activities and healthy living

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>	Fridays, 12-1pm	12-week course with the opportunity to continue for a weekly cost	<p>Info@neurogrouppexercise.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>	Fridays, 1-2pm	12-week course with the opportunity to continue	<p>info@neurogrouppexercise.com Call Rowan: 07518 964332 or Amanda: 07917 116154</p>