Steps to Get Active

Please visit this website for more information: [www.betterhealthns.co.uk/information/steps](http://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 |
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| 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 2-3pm | Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY. | Amanda Burroughs:  **Call:** 07917 116154 or **Email:** tony\_amanda@hotmail.co.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. | Mondays 1-2pm | Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY. | Amanda Burroughs:  **Call:** 07917 116154 or **Email:** tony\_amanda@hotmail.co.uk |
| 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. | Mondays 1-2pm | Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY. | Amanda Burroughs:  **Call:** 07917 116154 or **Email:** tony\_amanda@hotmail.co.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: 10.30-11.30am  Or  Saturdays 11.15-12 noon  (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, 12-1pm | Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY. | [Info@neurogroupexercise.com](mailto:Info@neurogroupexercise.com)  Call Rowan: 07518 964332 or Amanda: 07917 116154 |
| 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, 1-2pm | Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY. | info@neurogroupexercise.com  Call Rowan: 07518 964332 or Amanda: 07917 116154 |

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| 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. | Thursdays 2-3pm | Scotch Horn Leisure Centre, Nailsea, BS48 1BZ. | Amanda Burroughs: **Call:** 07917 116154 or **Email:** tony\_amanda@hotmail.co.uk |