

# One Leisure Active Lifestyles Newsletter

## May 2023

### National Walking Month



May 2023 is **National Walking Month**. Walking a minimum of 20 minutes every day can reduce the number of diseases, including heart diseases and high blood pressure. We run a free, volunteer led Wellbeing walks that can help residents become and stay active around Huntingdonshire. Attendees can enjoy the walk at their own pace, but with the added benefit of being in the company of other walkers and trained walk leaders.

#### Wellbeing Walks

- **Huntingdon area** - Wednesdays 2pm & Fridays 10am
- **St Neots area** - Mondays 10am & Fridays 2pm
- **St Ives area** - Tuesdays 2pm & Thursdays 10am
- **Ramsey area** - Mondays 2pm
- **Yaxley area** - Thursdays 2pm

Find full details and timetable including start locations here: [www.huntingdonshire.gov.uk/wellbeingwalks](http://www.huntingdonshire.gov.uk/wellbeingwalks)

### Active for Health



For adults who have a BMI of 25+ (23.5 for BME) and are inactive. FREE 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 Coach. Once signed up, if eligible, each participant will receive a free 90-day offer to use the One Leisure facilities

Find out more information here: [www.huntingdonshire.gov.uk/activeforhealth](http://www.huntingdonshire.gov.uk/activeforhealth)

- **One Leisure St Ives Outdoor** - Mondays 6:30pm - 7:30pm (starting 5th June)
- **St Neots Riverside Park** - Tuesdays 6pm - 7pm (starting 6th June)
- **One Leisure Huntingdon** - Wednesdays 6pm - 7pm (starting 7th June)

### Let's Get Moving



12-week Let's Get Moving course in partnership with St Neots Primary Care Network. Patients of **Lakeside Healthcare St Neots, St Neots Health Centre or Great Staughton Surgery** with a BMI of 27.5 (25 for BME) are eligible for the course, ran in the same format as Active for Health. Patients can sign up here:

[www.huntingdonshire.gov.uk/letsgetmoving](http://www.huntingdonshire.gov.uk/letsgetmoving)

- **St Neots Riverside Park** - Tuesdays 6pm - 7pm (starting 6th June)

### ESCAPE Pain



ESCAPE Pain courses are for people with knee & hip pain and osteoarthritis.

- **One Leisure Huntingdon:** Tuesdays and Fridays 1:30pm - 2:30pm (starting 23rd May)
- **One Leisure St Neots:** Mondays and Wednesdays 3:30pm - 4:30pm (starting 5th June)

£35.00 for the 10 session course over 5 weeks

Find out more information here: [www.huntingdonshire.gov.uk/escapepain](http://www.huntingdonshire.gov.uk/escapepain)



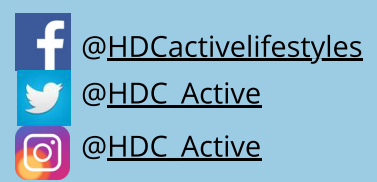
"If anyone is thinking about trying to lose weight and being more active, then join this group. I've lost weight and actually enjoy my visits to One Leisure now. We all did really well and I for one, am very proud of what I achieved!"

### Sports Activity Leader

We are looking for an individual, who is passionate about encouraging Huntingdonshire residents to be more active, to join our team. We are searching for someone who can support us in the delivery of sport and physical activity sessions for children, adults and disability groups. This is a part-time role until 30 September 2023.

[www.huntingdonshire.gov.uk/jobs/current-vacancies/](http://www.huntingdonshire.gov.uk/jobs/current-vacancies/)

Don't forget to follow us on social media!



## Courses - Funded through Healthy You

[www.huntingdonshire.gov.uk/healthyyou](http://www.huntingdonshire.gov.uk/healthyyou)

### None to Run

This FREE 8-week beginner running plan will take you from ground zero, to running comfortably

- **One Leisure St Ives Outdoor** - Mondays 5pm - 6pm (starting 5th June)

### Indoor Cycling for Teenagers

A FREE 6-week course providing a safe space to become confident on the bike in class, before transitioning into a 'mainstream' session.

- **One Leisure St Neots** - Mondays 4:00pm - 5:00pm (starting 5th June)

### Beginners Pilates for Men

A FREE 6-week course specifically for men, teaching the foundations of the Pilates technique, to give participants the confidence to progress to a higher-level Pilates class.

- **One Leisure St Neots** - Thursdays 12:30pm - 1:30pm (starting 8th June)



## Concessionary One Leisure Membership



In April 2023 we awarded a record 215 applications to our Concessionary Membership Scheme, taking our total to 1,000 active memberships!

These residents are receiving a discounted membership allowing access to a number of activities at One Leisure, weekdays before 4.30pm and all weekend. Eligibility for discount:

- Income/employment related benefits
- Disability related benefits
- Degenerative neurological conditions
- Guests from Ukraine

**Free Swimming**   
**Free access to Leo's funzone**  
**Free indoor virtual cycling** 

Find full details including eligibility criteria here: [www.huntingdonshire.gov.uk/olconcession](http://www.huntingdonshire.gov.uk/olconcession)

## Pulmonary Maintenance Class

These exercise classes are for people living with pulmonary conditions such as COPD. Classes have been developed to be enjoyable and sociable, but also to ensure attendees get the full benefit of a physical workout, no matter their ability.

- **One Leisure Huntingdon** - Mondays 2pm - 3pm

Find full details here: [www.huntingdonshire.gov.uk/healthconditions](http://www.huntingdonshire.gov.uk/healthconditions)



If you require any further information, or feel we could offer something you cannot see here, please get in touch with us either via email [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk) or phone **01480 388111**.