

ACTIVE FOR HEALTH

A 12-week activity course for inactive adults with a BMI over 25. The course will help you improve your fitness, socialise, learn new skills and ultimately improve your overall wellbeing.

2 upcoming courses:

- One Leisure St Ives Outdoors 6:30 - 7:30pm Mondays starting 5th June 2023
- One Leisure Huntingdon 6 - 7pm Wednesdays starting 7th June 2023

For more info and to book, please visit
www.huntingdonshire.gov.uk/activeforhealth

Or scan the QR code!



Over 18?

Is your BMI over 25?

Do you want to try new activities?

Do you struggle to do 150 mins of exercise each week?

Do you want to make new friends?

If you answered YES to the above questions, then sign up today!