

How do I get started?

All the Move for Health sessions will be delivered online and accessed via **Zoom**. Further advice and support regarding digital access can be provided if you need it.

To book your place on the programme please contact **Kelly Alty** on **07717 320573** or email **kelly.alty@cumbria.gov.uk**
www.activecumbria.org

MOVE FOR HEALTH

FREE Online Physical Activity Sessions



Move for Health Information for Participants

Sessions have been funded through the Morecambe Bay CCG Population Health Fund in partnership with the South Lakeland Health & Wellbeing Partnership.

What is Move for Health?

Move for Health online sessions are there to support you to take part in physical activity all from the comfort of your own home. By joining the sessions, we will help you to make positive changes to improve your physical and mental wellbeing whilst also enabling you to meet and socialise with others.

Sessions are suitable for all levels of fitness and provide a great introduction to physical activity. You will move at your own pace, in your own way, and be supported throughout.

The sessions run for 12 weeks and during this time we encourage you to try and join us for 2 sessions per week. They are free to join and you won't need any equipment, just a small space to move around in and comfortable clothing.

Who are the sessions for?

- Are you aged 50+?
- Do you currently do less than 30 minutes of physical activity per week?
- Have you one or more of the following long-term health conditions: Diabetes, High Blood Pressure, or a Respiratory Disease?
- Would you like to work on your physical and mental wellbeing?

Will the sessions be suitable for me and my health condition?

All the sessions are delivered by fully trained physical activity professionals who regularly support people with health conditions to increase their levels of activity.

What are the benefits for me?

Taking part in physical activity on a regular basis can

- Improve physical, mental, and social wellbeing
- Increase energy levels and help you sleep better
- Improve strength, mobility, coordination, and balance
- Manage your weight
- Help to reduce blood pressure, the risk of heart disease and strokes
- Help to reduce the risk of some cancers
- Reduce stress, anxiety, and depression

What happens when I finish the 12 week programme?

Once you complete the 12 week programme, we will signpost you to other physical activity opportunities within your local area so that you can continue to maintain and develop your health and wellbeing.

