

Active For Health 'Xtra – Group Offer Guidance for Public

1. Introduction

Huntingdonshire District Council (HDC) recognises the importance of people leading healthy, active lifestyles. It also recognises the unique position of the Council to enable and empower all individuals to be able to take part in positive activity through its various facilities, programmes and services offered by its in-house leisure provider arm 'One Leisure.'

2. Benefits of exercising

There are many benefits of being active. It is medically proven that people who do regular physical activity have a lower risk of cardiovascular disease (CVD).

Being more active can help manage diabetes, high blood pressure, unhealthy weight all of which are risk factors of developing CVD.

Exercise can also improve your general mood by releasing endorphins, which you could think of as happy hormones. Self-confidence and sleep quality can also be improved as well as giving you more energy and reducing stress levels. It is important to remember that being active is even more beneficial if you are also making healthier food choices, not smoking, and getting enough sleep.

3. What?

We will be running group programmes of 'Active for Health Xtra' across the district.

The Active for Health Xtra programme is for adults (50 years and over). You can sign up for the 'Active for Health' programme if you are at least 50 years of age and have at least two of the additional risk factors of CVD.

- Diabetes
- Are a smoker
- High Blood Pressure
- Have an unhealthy diet
- Have high cholesterol
- Family history of heart disease
- Are from a Black, Asian or minority background
- Are inactive
- Drink alcohol to excess
- Are overweight or obese

Anyone who takes part will not currently be meeting the Chief Medical Officer's recommendation of 150 minutes of physical activity per week.

Located at either a leisure centre or in a community space, the programme consists of 12 weeks of group activities including functional movement classes, healthy eating, wellbeing walks, exercise classes, adapted sports and team games. Activities will be suitable for the participants and chosen by the group in consultation with the Lead Instructor.

Participants in the programmes will be given a 12-week 'Active for Health Xtra'* membership for One Leisure to run alongside the 12-week programme. The offer is a free 'One Leisure' pass (anytime excluding peak time/evening classes and badminton courts) for 12 weeks which includes activities such as the gym, indoor cycling, right start, daytime classes, and swimming, amongst other appropriate activities delivered across One Leisure and in the community by Active Lifestyles.

At the end of the 12 weeks, depending on meeting certain targets, participants will be offered concessionary status or Undefeatables (anytime) Membership.

4. Eligibility Criteria

Participants will be at least 50 years of age and meet at least two of the following eligibility criteria:

Have diabetes/pre-diabetic (non-diabetic hyperglycaemia)	Have high blood pressure	Have high cholesterol
Have a family history of heart disease	Are from a Black, Asian or minority background	Are overweight or obese
Have an unhealthy diet	Are a smoker / Drink alcohol to excess	Are inactive

AND

- be residents of Huntingdonshire District
- Customers will only be 'eligible' for one 'Active for Health Xtra' offer or similar (for example Let's Get Moving, Active for Health and Staying Active')

4.1 Allocation of Active for Health Xtra Place

Eligibility will be the final decision of the Scheme Manager.

4.2 Proof of eligibility

All applicants will be required to confirm proof of eligibility.

- Self-certified two or more risk factors of CVD

5. How to apply

Sign up for the programme through completion of an electronic form. The form will be available on-line only.

You will be informed within ten working days if you have been accepted onto the scheme.

Individuals who require additional support to complete the form:

- Is there someone else you can ask to help you to complete it?
- One Leisure Receptions – if you have no one else to ask then One Leisure Receptions may be able to assist; you may need to wait for assistance.
- Customer Services at Pathfinder House - if you have no one else to ask then Customer Services at Pathfinder House, St Mary's Street Huntingdon may be able to assist; you may need to wait for assistance.

6. Cost

The Scheme is free of charge for the customer. (Funded by Cambridgeshire & Peterborough Integrated Care System)

7. Duration

The initial programmes will be for 12 weeks.

A further 26 weeks of discounted use is subject to specific criteria being met.

8. Existing One Leisure Members

Existing Pre-Paid Members are NOT eligible for this additional incentive but can still take part in the 12-week programme.

The additional incentive offer applies to NEW members only as we are targeting those who are currently inactive (undertaking less than 30 minutes of exercise per week). Existing Pre-Paid Members are NOT eligible for this additional incentive but can still take part in the 12-week programme. Eligibility will be subject to a 10-day application and verification period.

9. Centre Regulations

All 'Active for Health' card holders will be subject to the standard [One Leisure Regulations](#)

10. Summary

Eligibility will be the final decision of the Scheme Manager. HDC reserve the right to withdraw the 'Active for Health 'Xtra' offer in the event of false declaration or misuse. Membership is not transferable. Information is correct at the time of publication but as this is a new scheme terms and conditions are subject to change.