

# East Riding Leisure

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Promoting Healthy Living



# East Riding Leisure - Promoting Healthy Living



## Introduction

Taking regular exercise can have a really positive impact on our health and how we feel. Taking regular exercise can help to protect against heart disease, help you lose weight, increase your strength, feel more energetic, cope with stress better, feel better about yourself, get out of the house and make new friends.

This leaflet provides information on the wide range of activities East Riding of Yorkshire Council's sports and leisure centres have to offer, many of which are specifically for people with ongoing medical conditions. All our instructors are fully trained and experienced in working with customers with a wide variety of medical conditions and their health professionals to develop individual programmes.

## Exercise Referral Scheme

The Exercise Referral Scheme is an introduction to physical activity scheme, which enables GP's and other health professionals to recommend a course of exercise for people who would benefit from taking regular exercise.

It entitles you to join a 20-session activity programme at one of East Riding of Yorkshire Council's Sports and Leisure Centres. Throughout which you will have the help and guidance of a specially qualified exercise professional.

Last year 77% of those attending the scheme felt their fitness improved, 70% lost weight, 59% reduced their blood pressure, 81% felt their health improved and 85% said they would continue to attend activities at their leisure centre.

If you want to know more about the Exercise Referral Scheme in your area, ask your GP, practice nurse or health professional or contact the Fitness Coordinator at your local centre.

## Cardiac Rehabilitation Courses

Heart Link is an advice and support service for cardiac patients offered in partnership with the East Riding and Hull Cardiac Rehabilitation Service and the British Heart Foundation. The sessions are aimed at patients recovering from a range of cardiac conditions and are a mixture of gentle exercise classes, health and lifestyle advice.

Access to the sessions are by referral only. For further information please contact Angie Newlove, Cardiac Rehabilitation Service, telephone (01482) 672059.

## Walking the Way to Health Guided Walks

The Walking the Way to Health scheme is a series of free guided walks for all ages and abilities, aimed at gentle improvement of participants fitness. There are seven schemes across the East Riding at Beverley, Goole, Haltemprice, Hornsea, Howden, Pocklington and Sewerby, but we will hopefully be introducing more this year in other areas.

To find out more contact Steve Shaw: email [stephen.shaw@eastriding.gov.uk](mailto:stephen.shaw@eastriding.gov.uk) or phone 01482 392527.

## Healthy Lifestyles - Weight Management Sessions

Our Healthy Lifestyles sessions are aimed at people who would not normally use a leisure centre, but want to start taking regular exercise and learn about healthy eating and leading a healthier lifestyle. Sessions involve a mixture of healthy lifestyle advice, gentle exercise classes and allow participants to monitor their own weight loss.

## Swim for Health Sessions

These sessions have been organised as part of the Amateur Swimming Association's Swim for Health initiative, a pilot project providing activities from casual swimming to adult swimming lessons and aquatic exercise classes. These sessions are low in intensity and aimed at encouraging people to return to fitness through swimming regularly.

## Over 50's Groups

Many leisure centres have specific times of the day put aside for activities for the over 50's. These may include things like badminton, exercise classes or swimming sessions. Many people attend these sessions regularly, not so much for the exercise but for the chance to meet up with friends and have a coffee and chat in between sessions.

## Other Activities

Many leisure centres put on a range of individual activities that are suitable for older people or people wanting to get back into being active. From exercise in the water classes to sensitive cycling, keep fit classes to chair aerobics there is something for everyone.

## Want To Find Out More

Find your nearest sports centre overleaf and see what activities they have to offer. Further details on exact times and the cost of different activities are available by contacting the centres reception or the Fitness Coordinator at the centre.

Details are correct at time of going to press. Please contact individual sites for further information

	Exercise Referral Scheme	Heartlink - Cardiac Rehabilitation Groups	Walking the Way to Health Guided Walks	Healthy Lifestyles - Weight Management Groups	Exercise in the Water Classes	Swim for Health Sessions	Exercise Classes	Fit @ 50 Group Sessions
<b>Beverley Leisure Complex</b>	Tues 2.00 - 4.00pm Thurs 2.00 - 4.00pm	Tues 2.00 - 3.30pm Thurs 3.00 - 4.00pm	Thurs at 10.00am, 11.00am and 2.00pm Different durations, contact the centre for details	Tues 12.30 - 2.00pm Thurs 12.00 - 12.45pm	Tues 6.00 - 7.00pm and 9.00 - 10.00pm Wed 8.30 - 9.00am and 3.00 - 3.30pm Thurs 3.00 - 3.30pm Afternoon classes not available during Summer Holidays	Weds 10.00 - 4.00pm	Young at Heart - Gentle Aerobics Wednesdays 9.30 - 10.30am	Weds 9.00 - 12.00pm
<b>Bridlington Sports Centre</b>	Mon 3.00 - 4.00pm Thurs 3.00 - 4.00pm	Available at Bridlington Leisure World	From Sewerby Hall Tues 10.00am or 10.30am	Mon 10.00 - 12.00pm Tues 10.00 - 11.30am Wed 10.00 - 12.00pm Thurs 1.30 - 2.30pm Fri 10.00 - 12.00pm			Low Impact Aerobics Tues 3.00 - 4.00pm	
<b>Bridlington Leisure World</b>	Available at Bridlington Sports Centre	Tues 10.30 - 11.30am	From Sewerby Hall Tues 10.00am or 10.30am	Available at Bridlington Sports Centre	Mon 10.15 - 11.00am Wed 10.15 - 11.00am Thurs 6.15 - 7.00pm Fri 10.15 - 11.00am During the six week school holiday the classes are 9.15 - 10am		Sensitive Cycling Mon 1.30 - 2.00pm Low Impact Aerobics Mon, Tues and Fri 10.15 - 11.00am	Available at Bridlington Sports Centre
<b>Driffield Sports Centre</b>	Mon 1.00 - 2.00pm Thurs 4.30 - 5.30pm	Mon 2.00 - 3.30pm Wed 3.30 - 4.30pm			Tues 12.30 - 1.00pm Thurs 8.00 - 8.45pm Fri 12.30 - 1.00pm		Sensitive Cycling Weds 5.30 - 6.00pm	
<b>Francis Scaife Sports Centre</b>	Weds 12.00 - 1.00pm Fri 12.00 - 1.00pm	Weds 1.30 - 3.00pm Fri 1.30 - 3.00pm	Friday's starting at 10.00am	Tues 9.00 - 10.00am Thurs 9.00 - 11.00am	Mon 1.00 - 2.00pm Thurs 7.00 - 8.00pm	Tues 11.00 - 1.00pm		Mon 9.00 - 12.00pm Wed 9.00 - 12.00pm
<b>Goole Leisure Centre</b>	Tues 11.30 - 12.30pm Thurs 11.30 - 12.30pm Sat 10.30 - 11.30am	Mon 10.15 - 11.45am Thurs 10.15 - 11.45am	Alternate Thursdays Starting at 10.00am Check Centre for Details	Mon 8.45 - 10.00am Fri 9.00 - 10.00am	Wed 7.45 - 8.30pm Thurs 6.30 - 7.15pm		Low Impact Aerobics Mon 10.00 - 11.00am Thurs 10.00 - 11.00am	
<b>Haltemprice Leisure Centre</b>	Mon 9.00 - 2.00pm Wed 9.00 - 2.00pm Fri 9.00 - 2.00pm	Mon 12:30 - 1:30pm Thurs 11.00 - 12.00pm	Wednesday's starting 2.00pm	Mon 11:30 - 1:00pm Thu 10:00 - 11:00pm	Mon 10.00 - 10.30am Wed 11.00 - 11.30am	Available from September 2007		Mon 2.00 - 3.00pm Tue 2.00 - 3.00pm Thurs 2.00 - 3.00pm
<b>Hornsea Leisure Centre</b>	Tues 1.30 - 2.30pm Thurs 1.30 - 2.30pm		Alternate Mondays - 1.00 - 1.30pm Wednesday starting 11.00am	Mon 10.30 - 12.00pm Fri 11.00 - 12.00pm	Mon 2.15 - 3.15pm Weds 8.00 - 9.00pm Thurs 10.30 - 11.30am		Chair Aerobics Tues 1.00 - 2.00pm Thurs 1.00 - 2.00pm	Weds 9.00 - 12.00pm
<b>Pavilion Leisure Centre</b>	Mon 2.00 - 4.00pm Weds 2.00 - 4.00pm		Available from 1st August 2007 Wednesday's 9.30am	Tues 1.30 - 3.00pm Fri 2.00 - 3.00pm	Tues 9.15 - 10.00am and 10.15 - 11.00am Fri 10.15 - 11.00am		Sensitive Cycling Mon 2.30 - 3.00pm Weds 2.30 - 3.00pm	