



# active options 2

## **Active Options 2**

### **What difference can being more active make to you?**

Increasing your activity levels can make a huge difference to your physical health and emotional wellbeing. Regular physical activity:

- Is good for your heart and lungs and can make your breathing easier
- Strengthens muscles, joints and bones to make every day activities easier
- Improves sense of wellbeing and mood
- Improves sleep
- Reduces risk of heart disease, diabetes and cancer

Government guidelines advise that adults should be active for 150 minutes per week. This activity can be done in bouts of 10 minutes or more but should make you feel a bit warmer, breath harder and make your heart beat faster.

### **What are the Active Options 2 health classes?**

The aim of the class is to get you moving a bit more and to improve your strength and balance. The classes are of different levels and you will be referred to the level appropriate to your needs and ability.

### **What difference can attending a health class make to you?**

Participants currently attending health classes have told us:

- I feel stronger
- I feel fitter
- I can go up the stairs more easily
- It's a good way of meeting people
- The classes are friendly and good fun
- It gets me out and I feel better after

To be referred into the programme please ask your health or social care professional to make a referral. The price of the class is £3.60 (subject to annual increase).

**For more information on the programme please visit our website [www.fifeleisure.org.uk](http://www.fifeleisure.org.uk) or contact the Health & Wellbeing Co-ordinators on:**

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