

Healthy Lifestyles scheme launched

SPORTS and leisure centres across the East Riding are launching a new programme aimed at people who want to lose weight, learn more about adopting a healthier lifestyle and start taking regular exercise.

The Healthy Lifestyles programme will take place twice a week at each centre and will consist of a short talk on a different aspect of healthy eating each week, followed by the opportunity to take part in a gentle exercise class to get people back into taking regular exercise. The sessions are aimed at people who would not normally see themselves as using a leisure centre but who want to start eating more healthily and taking regular exercise.

As the sessions develop, groups will also be able to take part in the Walking the Way to Health guided walks, try new activities, watch cookery demonstrations and listen to guest speakers. Participants will also have the opportunity to be weighed each week and have their body mass index, blood pressure and cholesterol monitored.

The scheme has been inspired by a very successful project operated in the Goole area by the Building Bridges Healthy Living Centre. Their community weight management and exercise programme, which takes place twice a week at Goole Leisure Centre, has been tremendously successful with 25 to 30 people attending each session. During the first 13 weeks of the programme, participants lost a total of 41.5 kgs or 6.5 stone. Over the 18 months the project has been in operation, 147 local people have accessed the scheme, which has helped them to lose weight, improve their fitness levels, increase their intake of fruit and vegetables and improve their overall health and well-being.

Katie Mallinson, project co-ordinator for the Building Bridges project, said: "Our project in Goole has been very successful, not only in encouraging people to eat more healthily and to be more active but in developing friendships and giving people more confidence to get out and do things. We are very happy that East Riding of Yorkshire Council has been able to access funding to roll out a similar programme across the authority and hope it will be just as successful as ours."

When asked how the scheme had benefited individual people in Goole, Katie talked about how the scheme had positively affected one participant. "She joined the scheme three months ago suffering with painful arthritis in her joints. Over the three months her fitness has improved and she can now participate fully in both weekly exercise classes, has joined the walking scheme and attended our



FIT AND HEALTHY: Sharon Crean, fitness instructor, with members of the weight management programme in Goole

cook and eat workshops. She is now able to manage a flight of stairs, is no longer in pain after exercise, her self-confidence has grown and she is very encouraging and supportive to the other members of the group."

Adrian Walters, assistant leisure unit manager, said: "The Building Bridges project has been very good at encouraging people, who would not normally use the leisure centre, to come in, see the range of activities we have to offer and become more active. We hope that by rolling out a similar programme across the authority we can encourage more people to eat healthily and be more active."

The Healthy Lifestyles programme is being partly funded by central government through Local Strategic Partnership funding, with participants only having to pay £1 for each session.

Anyone wishing to join the Healthy Lifestyles programme can contact their local sports or leisure centre to register their interest. Once a centre has 20 people interested in joining their scheme, a starting date will be agreed and the people interested contacted.

Alternatively, call Adrian Walters on (01482) 395223, or for details of the Building Bridges sessions in Goole call Katie Mallinson on (01405) 837101.



EAST RIDING
OF YORKSHIRE COUNCIL

Weight management and exercise classes

Prospective session days and times

Bridlington Sports Centre, Gypsey Road, Bridlington

Tuesday 1.30pm - 3pm
Thursday 1.30pm - 2.30pm
To register please call (01262) 678077

Beverley Leisure Complex, Flemingate, Beverley

Tuesday 12.30pm - 2pm
Thursday 1.15pm - 2pm
To register please call (01482) 881190

Francis Scaife Sports Centre, Burnby Lane, Pocklington

Tuesday 9am - 10am
Thursday 9am - 11am
To register please call (01759) 305052

Goole Leisure Centre, North Street, Goole

Monday 8.45pm - 10.45am
Friday 9am - 10am

Sessions provided by the Building Bridges Healthy Living Centre

Haltemprice Leisure Centre, Springfield Way, Anlaby

Monday 11.30am - 1pm
Thursday 10am - 11am
To register please call (01482) 651501

Hornsea Leisure Centre, Broadway, Hornsea

Monday 10am - 12noon
Friday 11am - 12noon
To register please call (01964) 533366

Pavilion Leisure Centre, Station Road, Withernsea

Tuesday 1.30pm - 3pm
Friday 2pm - 3pm
To register please call (01964) 614000

Booking essential

Sessions will commence once a centre has 20 participants registered