



Let us  
help you  
be more  
active



Our One Leisure Active Lifestyles team run weekly physical activity sessions for all across the district.

 @HDCactivelifestyles

 @HDC\_Active

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**For more information**

[www.huntingdonshire.gov.uk/activelifestyles](http://www.huntingdonshire.gov.uk/activelifestyles)

email: [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk)

or call: 01480 388111

# Children, Young People & Families

From family sessions, sessions for under 5's and teenagers the programmes are varied and fun. For current programmes and activities please check out the website.



Please scan the QR code to find out more.  
[www.huntingdonshire.gov.uk/sports](http://www.huntingdonshire.gov.uk/sports)

## | Under 5's

Our fun 'Mini' Under 5's sessions are designed to support and develop your child's core skills through play, sport and games. Will develop fundamental skills such as throwing, catching, jumping, balance and more.

## | School Holiday Activities

Sessions are delivered at One Leisure Facilities, community venues and in Parishes across the district. We also provide support at events run by our partners. Contact the team for more info or to get involved to provide activities for your location.

## | Targeted Young People

The team works in partnership with various groups to provide targeted activities for young people who may not be able to access mainstream sport. From children who are home schooled to those who want to try something different. Contact the team for more info.

## | School Sport

Support is offered to schools across the district with regular PE sessions, after school clubs or one-off activity days. We can offer adapted/informal/varied sport and physical activity sessions to suit your needs. Contact us for more information.



# Inclusive & SEND Activities

## | PEDALS

PEDALS is a cycling scheme for anyone who requires additional support to exercise alone or with friends and family. The scheme involves instructor-led sessions on adapted bikes. We have two adapted bikes that are suitable for younger children and a number of adapted bikes for older children and adults. Our range of adapted bikes are available to hire at Hinchingsbrooke Country Park.



PEDALS.  
Please scan the QR code to find out more.  
[www.huntingdonshire.gov.uk/pedals](http://www.huntingdonshire.gov.uk/pedals)

## | Sports for all

Our One Leisure Active Lifestyles team runs weekly sports sessions for disabled people in the community and with specific groups such as day care centres and SEND schools. Participants can improve their skills and increase their confidence by taking part in a variety of sports, play and physical activity sessions.



Disability Sport Events.  
Please scan the QR code to find out more.  
[www.huntingdonshire.gov.uk/disabilitysport](http://www.huntingdonshire.gov.uk/disabilitysport)





## Older Adults

### | Walking Sports

Walking sports are predominantly for the over 35's to try a gentle version of the sport. They are a great way to stay healthy and socialise in a fun, friendly and active environment. Sessions are overseen by Active Lifestyles staff. We offer a variety of sports which have been adapted to become Walking Sports.

- Walking Football
- Walking Netball
- Walking Cricket
- Walking Rugby



Walking Sports. Please scan the QR code to find your nearest session.

[www.huntingdonshire.gov.uk/walkingsports](http://www.huntingdonshire.gov.uk/walkingsports)

### | Cyclone Start-Up

An indoor cycling class for those that are new to exercise, have a medical condition or require extra support to exercise.



### | RightStart

RightStart group exercise classes are great for older adults and those requiring additional support to exercise. The classes are friendly and a great way to meet other people with similar health and fitness levels. Beginning with chair-based activity, progressing to full circuits – there is something for every ability.

All classes are designed and taught by specially qualified instructors who will make sure that each activity is safe and meets your physical and medical needs.

- RightStart 1: Chair-based exercise
- RightStart 2: Chair and strength exercise
- RightStart 3: Strength and balance exercise
- RightStart 4: Postural stability/balance
- RightStart 5: Aerobic/circuit type exercise
- RightStart Aqua: Water based aerobics class

*"I started the class after falling and breaking my arm. The classes were a lifeline back to confidence and fitness. The classes are invaluable to those of us who need appropriate exercise at any age."*

RightStart. Please scan the QR code to find your nearest class.



[www.huntingdonshire.gov.uk/rightstart](http://www.huntingdonshire.gov.uk/rightstart)



# Low Cost / No Cost

## | One Leisure Concessionary Scheme

Huntingdonshire District Council's Concessionary Membership Scheme enables people to access various activities at its One Leisure Facilities at a discounted price, weekdays before 4.30pm and all weekend, including: gym sessions, fitness classes and public swimming.



Please scan the QR code to find out more.  
[www.huntingdonshire.gov.uk/olconcession](http://www.huntingdonshire.gov.uk/olconcession)

An example of some of the benefits or medical health conditions that may be eligible are:

- Income/employment related benefits
- Disability related benefits
- Degenerative neurological conditions (e.g. Parkinson's, MS)

## | Wellbeing Walks

The scheme runs a range of regular walks across the district. Everyone is welcome on the walks, no matter your age or ability. Children under the age of 16 need to be accompanied by an adult.

Walks are free of charge and range between 30 – 90 minutes long.



Wellbeing Walks. Please scan the QR code to find your nearest walk.

[www.huntingdonshire.gov.uk/wellbeingwalks](http://www.huntingdonshire.gov.uk/wellbeingwalks)

## | Fitness For All

An outdoor all-inclusive low impact fitness class outside in Huntingdonshire's open spaces.

*"Excellent scheme! Very grateful to walk leaders!! Appreciate that I can opt in/out of walking any day - flexibility. very friendly and welcoming - makes for a very relaxing stroll in good company. Thank you!"*



Healthy You

## | Healthy You

Funded by Cambridgeshire County Council's Public Health Team 'Healthy You' offers support and advice to those looking to be more active and to lead healthier lifestyles. We do this by providing support to individuals, identifying fun and enjoyable activities for people to try, working with local partners to promote activities locally and creating new opportunities where there is a demand.



Healthy You. Please scan the QR code to find out more.

[www.huntingdonshire.gov.uk/healthyyou](http://www.huntingdonshire.gov.uk/healthyyou)

## | Swim for Health

This programme involves assistance with swimming techniques and guidance to give you confidence in the pool. Alongside this, you will receive advice to help with maintaining a healthy lifestyle and managing weight loss in a healthy, sensible, and sustainable way. This course is designed for inactive adults with a BMI between 25 - 45 and is FREE! (funded by Healthy You).

## | Shoot for Health

This programme involves playing the much-loved game of football, whilst helping you to become fitter and healthier by increasing your activity and fitness levels.

Alongside this, you will receive advice to help with maintaining a healthy lifestyle and managing weight loss in a healthy, sensible, and sustainable way. This course is designed for inactive adults with a BMI between 25 - 45 and is FREE! (funded by Healthy You).

## | Beginners Courses

We offer FREE short courses for people who are inactive. From pilates to various studio classes to indoor cycling (spin). Courses are regularly updated so check the website for details and if there is something you would like to try let us know and where there is sufficient demand, we will look to offer new activities.



## Long Term Health Conditions

### | Exercise Referral

The Exercise Referral Scheme has been helping residents of Huntingdonshire become more active and to manage their health condition through supported self-care. You will be assisted throughout the scheme by a named **Physical Activity Specialist**, helping you to enjoy and maintain physical activity as part of a healthy lifestyle. Registered health professionals can refer people who will benefit from a personalised 12-week exercise programme.

Health / Medical conditions include:

- Cancer
- Heart Conditions
- Hypertension
- Diabetes (Type 1 and 2)
- Obesity (BMI Over 30)
- Respiratory Conditions
- Mental Health (Depression and Anxiety)
- Musculoskeletal
- Neurological conditions



**Exercise Referral Scheme.**  
Scan the QR code  
to find out more.

[www.huntingdonshire.gov.uk/  
exercisereferral](http://www.huntingdonshire.gov.uk/exercisereferral)

### | Undefeatables

Huntingdonshire District Council is supporting the national campaign, 'Undefeatables' which aims to help people with certain long-term health conditions increase their physical activity. Initially people with Type 1 or 2 diabetes may be eligible for our 'Undefeatables' membership offer.



**Undefeatables.** Scan the  
QR code to find out more.

[www.huntingdonshire.gov.uk/undefeat](http://www.huntingdonshire.gov.uk/undefeat)

## Specialist Health Condition Group Exercise

These classes are all taught by instructors qualified to Level 4 in the specific health condition.

### | Cardiac Rehabilitation

A community class for people who have had a **heart attack or heart surgery** and want to improve their health and fitness. A referral from a registered Health Professional is required for these classes.

### | Cancer and Exercise

These exercise classes have been designed for those **living with and beyond cancer**. The classes have been developed with Hunts Community Cancer Network.

### | Pulmonary Maintenance (COPD)

These exercise classes are for people living with **pulmonary conditions** such as COPD. The classes have been developed to be enjoyable and sociable, but also to ensure you get the full benefit of a physical workout.

### | Escape Pain

ESCAPE Pain is a **rehabilitation programme** that helps people with **osteoarthritis and/or chronic joint pain** self-manage their condition.

**Specialist Exercise Classes.**  
Please scan the QR code to  
find your nearest course.



[www.huntingdonshire.gov.uk/  
healthconditions](http://www.huntingdonshire.gov.uk/healthconditions)





## Additional Services

### | We are here for you

The team works with many differing organisations and partners to deliver, facilitate, and grow activities across the district. From young children to older adults we are flexible and experienced in building programmes with you.

We may need to apply a charge to cover costs incurred for some services / activities provided; advice and support is free if you just want some help to get something moving in your locality. Contact the team for more information.

### | Schools & Educational Settings

We can support schools across the district with regular PE sessions, after school clubs or one-off activity days. If you're doing 'Healthy Schools' get in touch to see if we can help. Charges may apply.

### | Physical Activity & Sport Offer

Sessions can be delivered at One Leisure Facilities, community venues and in parishes across the district. If you would like to offer more physical activity or sports activities in your area or for your organisation or group and you're not sure where to start contact the team for more information. Charges may apply.

### | Events & Promotional Activities

If you are holding an event or festival and would like us to visit, please contact us to see if we can help. From pop-up tennis to a kickabout to giant jenga and hula hooping we can add some action to your day. Charges may apply.

## Get Active in the Community

### | Have you visited

- Your local leisure centre [www.oneleisure.net](http://www.oneleisure.net)
- Your local parks, nature reserves, play areas and green spaces [www.huntingdonshire.gov.uk/parks](http://www.huntingdonshire.gov.uk/parks)
- Hinchingsbrooke Country Park [www.huntingdonshire.gov.uk/hinchingbrookecountrypark](http://www.huntingdonshire.gov.uk/hinchingbrookecountrypark)
- Paxton Pits Nature Reserve [www.huntingdonshire.gov.uk/paxtonpits](http://www.huntingdonshire.gov.uk/paxtonpits)

### | Other things to try with the family or with friends

- Your local parkrun [www.parkrun.org.uk](http://www.parkrun.org.uk)
- Multi Use Games Areas
- Outdoor Gym Sites
- Trim Trails





Supported by



Healthy You



For more information

[www.huntingdonshire.gov.uk/activelifestyles](http://www.huntingdonshire.gov.uk/activelifestyles)

email: [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk) or call: 01480 388111

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