

# Let's get Moving Gateways 01202 436880

Giving you a helping hand to live your life active and well



The 'Let's Get Moving Gateways' provide information and exercise options to people living with health conditions, including high blood pressure, diabetes, joint and back injuries and overweight issues.

## What activities can I do?

Water based exercise can be great for those with restricted mobility and joint conditions due to the buoyancy of the water. Our splash pool is warmer than the main swimming pool.

We have a wide range of dry classes, suitable for all abilities and adaptable for any limitation. The support from the class instructor will improve your motivation and confidence.

Our gym is suitable for everyone and offers flexibility to your exercise needs. You will be given a personal programme to help you reach your goals.



## There are also a wide variety of exercise classes available:

- Hydro Active
- Health Circuits
- Active Backs
- Functional Fitness
- Wellfit
- Mobilise



See page 9 for class descriptions and pages 10 & 11 for class timetable



## Why make the Change?

- Gain a more positive outlook
- Manage Stress and Anxiety
- Maintain a healthy weight
- Improve your current condition
- Increase your energy levels
- Lower your blood pressure or cholesterol

## How to get started

To attend one of our 'Let's Get Moving Gateways' arrange to see your GP or health professional. They have 'invitations' to complete with you and introduce you to the 'Let's Get Moving Gateways' If you decide to join us you will be welcomed and



supported by a skilled, knowledgeable and experienced health, fitness and customer service team dedicated to improving your potential to live your life active and well.

**For further information please contact the BH Live Health Referral Team: 01202 436880**



## Calling all Health Professionals

If you require more information about referring your clients to the 'Let's Get Moving Gateways' then please contact the Health Referral Team and we will be happy to explain more about the service and provide you with your patient invitations.

**Tel: 01202 436880 Email: [healthimprovement@bhlive.co.uk](mailto:healthimprovement@bhlive.co.uk)**



## 12 Week Introductory Offer

For only £7.50 you will be entitled to:

- 12 weeks of discounted prices on the exercise classes listed on page 12, swimming and the gym
- You'll receive a 1-2-1 consultation to discuss your medical history and design an exercise plan. We will review your progress with you and support you through out your programme

Price List	12 week introduction	Standard Price
Exercise Classes <small>listed on page 12</small>	£2.80	£4.60
Gym	£3.60	£6.00
Swim	£2.50	£4.10
Swim 60+	£2.00	£3.40