



Press Release

September 5, 2024

Free and low-cost activity sessions in Fenland include special opportunity for people who want to lose weight

Adults who want to lose weight have the chance to sign up to a free, supportive course this month as part of a no-cost and low-cost exercise and wellbeing programme for all.

Free 'Active for Health' sessions offer the chance for people who aren't currently exercising much to take part in 12 weeks of fitness sessions with others in a similar situation – and get a 90-day leisure centre pass.

'Active for Health' courses are the latest offer in an ongoing programme of free and low-cost exercise and wellbeing sessions for all ages and abilities enabled by Fenland District Council's Active Fenland.

Session blocks beginning this month include adults' wellbeing dance and stretch - fun choreographed dance classes, kickboxing for wellbeing and free 'couch to 5k' running. Walking football, beginners badminton, dementia-friendly seated exercise and, for older people, multi-sports social sessions are among the other offers in the broad programme.

Cllr Alex Miscandlon, Fenland District Council's portfolio holder for leisure, said: "The 'Active for Health' courses are a great addition to our wide programme that has so much to offer all ages and abilities. We urge everyone to visit our website to take a look.

"The sessions all offer very supportive and friendly environments where even people who are nervous about joining report how much they enjoy it.

"The whole idea of Active Fenland is to help people to start taking part in regular activity and a journey to better health and wellbeing even if physical and emotional barriers are hindering them."

The full Active Fenland programme is available at: www.fenland.gov.uk/article/18152

'Active for Health' sessions are for adults (18 years and over) who:

- have a Body Mass Index (BMI) of 25 or over or 23.5 and over in ethnic minorities (excluding white minorities). BMI can be checked with the online calculator at point of booking, AND
- are currently doing less than 30 minutes exercise per week.

The 55-minute sessions take place at:

- Hudson Leisure Centre, Wisbech, Mondays, 11.30am to 12.25pm, 2pm to 2.55pm, 4.45pm to 5.40pm, beginning September 16.
- George Campbell Leisure Centre, March, Tuesdays, 2pm to 2.55pm, 4pm to 4.55pm, 5pm to 5.55pm, beginning September 17.

Sign up for Active for at: [Application for Active for Health Scheme \(huntingdonshire.gov.uk\)](https://www.huntingdonshire.gov.uk)

Active Fenland secures grant funding to provide opportunities for people to live more active lives, especially where they might face additional barriers to do so.

The programme is currently delivered with funding support from Cambridgeshire & Peterborough Integrated Care System (ICS) and Cambridgeshire County Council.

'Active for Health' is being delivered in partnership with Huntingdonshire District Council.

Ends

Photos:

Free 'Active for Health' sessions are launching in March and Wisbech for people who want to lose weight and aren't exercising much. Photos from previous sessions in the county.

The last March-based wellbeing dance and stretch (fun choreographed dance class) group. New sessions launch this month.

In action - the last March-based wellbeing dance and stretch (fun choreographed dance class) group. New sessions launch this month.