

Welcome to Health

Where our Active Living Team deliver a specialised Health & Fitness programme in conjunction with NHS Ayrshire & Arran.

This programme offers a wide range of activities to support people to become more active and adopt a healthier lifestyle.



01292 269793



Sport & Leisure South Ayrshire App



<https://www.south-ayrshire.gov.uk/leisure>



SCAN ME

FALLS PREVENTION

Invigor8

A specific exercise programme designed to improve mobility, strength and balance and help reduce the risk of falls.

With Invigor8 Level 1 and Invigor8 Level 2, we cater to all abilities and provide the opportunity for improvement and progression.

The classes are designed to help build and maintain 7 core components:

Endurance

Balance

Targeted Resistance Training

Backward Chaining

Functional Floor Activities

Adapted Tai Chi

Flexibility



Invigor8 is suitable for people :

- Feeling fearful of falls
- Feeling unstable on their feet
- Who have had a previous fall
- With osteoporosis



KEEP FIT LOW

Keep Fit Low classes are specially designed low impact fitness classes for Health Members.

These classes are packed full of fun and music whilst prioritising accessible fitness.

All classes include exercises at low impact level and aim to improve:

Cardiovascular Health

Flexibility

Strength

Balance

Resistance Band
Training

Encore Broadway
Boogie

Keep Fit Low classes range in different styles meaning there is something for everyone!

Circuits

Step Aerobics



WEIGHT MANAGEMENT

Weigh To Go

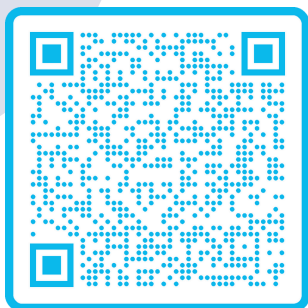
Weigh To Go is an adult weight management programme delivered by our Health Team in partnership with NHS Ayrshire and Arran.

The programme aims to provide you with the tools to lose and maintain a healthier weight and encourages you to live a more active lifestyle.

The programme is suitable for anyone over 18 with a BMI of 25 or more.

Weigh To Go Exercise Classes consist of 45 mins of exercise.

Weigh To Go Talk Classes consist of 45 mins of a nutritional education.



Scan to find out your BMI

The Weigh To Go programme runs for 12 weeks, with ongoing support for 1 year.

HARP

Healthy and Active Rehabilitation Programme

Working in conjunction with NHS colleagues,
HARP classes are designed to assist with improving or maintaining
the health of individuals with the following health conditions:



heart,
lung,
cancer,
stroke
diabetic medical history

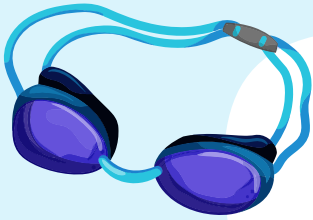


HARP classes are typically set up in Circuit style and include the required prolonged warm-up and cool-down on either side of a tailored main activity section to ensure classes are safe and effective for all individuals.

“I feel the benefits after only six weeks attending and have been encouraged so much I have signed up for more classes. Knowing I can push myself under expert supervision has improved my personal assessment of how well I can become. I return from classes feeling far more positive about life and personal health.”

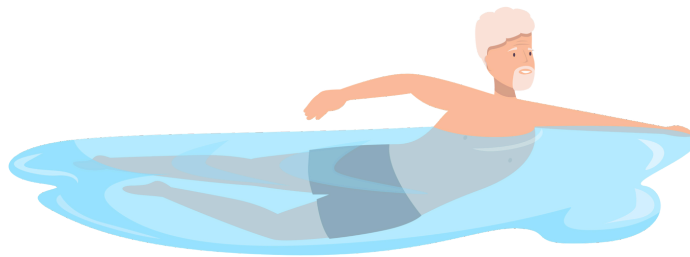
Doug,
HARP 2022

GP REFERRAL SWIM



Exclusive to Health Members are our additional
GP Referral Swim sessions.

Members can attend quieter sessions, to complete any exercises
given by their Health Professional and enjoy the many benefits of
swimming.



DID YOU KNOW?

Swimming strengthens the heart and improves cardiovascular endurance.

Being a non-weight-bearing exercise, swimming is easy on the joints,
making it suitable for those with joint pain.

Swimming reduces the risk of osteoporosis, increases flexibility
and improves muscle strength and tone.

EVOLVE FITNESS CLASSES



**As well as all of the exclusive Health Classes,
Health Members also have access to booking
EVOLVE Fitness Classes.**



Evolve Circuit Series

Engage in a series of challenging circuits tailored to enhance strength, endurance, and agility in a Gym based environment.

Evolve Aqua Mobility

A water-based class that prioritises joint mobility and overall flexibility in a low-impact aquatic environment.

Evolve Qi Gong

An ancient Chinese exercise focusing on controlled breathing, movement, and meditation to balance one's life force.

Evolve Stretch & Core

A studio-based class that prioritises flexibility and core strength with targeted stretching and abdominal exercises.

Evolve Aqua Fit

A water-based fitness class, promoting cardiovascular health and muscle toning in a low-impact aquatic environment.

Evolve Circuits

Traditional circuit style class designed to build muscular strength and cardiovascular endurance with tailored individual exercises and active recovery time.