



# Healthy Lifestyles

**A useful guide to  
our programmes and activities**

**BEEP GP Referral | Stop Smoking | Lose Weight 4 Good  
Community Exercise Classes | Cardiac Rehabilitation**

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# About us...

The healthy lifestyles team, based at St Peter's Health Centre, is a partnership between Burnley Council, East Lancashire's Clinical Commissioning Group, East Lancashire's Hospital Trust and Lancashire County Council. The team is dedicated to improving the health and well-being of the residents of Burnley.

Our aim is to provide a wide range of physical activity programmes to encourage positive lifestyle changes through increasing physical activity.

We provide a wide variety of programmes suitable for all abilities and ages.

All our instructors bring a wealth of experience to the team, each a specialist instructor in their area of work.

We support you in setting realistic goals, working with you to learn more about safe physical activity, coping with stress and healthy eating. You will be encouraged to progress safely at your own pace, gradually becoming fitter to make activity part of your daily life.

This booklet lists the wide variety of programmes we offer within the borough - all you need to do is find the right one for you!



## Mission Statement

Continually striving to improve the health and well-being of our community through physical activity, education, relaxation and personal support.

*Burnley Leisure's  
healthy lifestyles  
team*

# BEEP referral scheme

## What is the BEEP referral scheme?

If you are currently inactive, aged 16 years or over with one or more medical conditions that would benefit from becoming more active, such as stress, anxiety, high blood pressure, high cholesterol, diabetes or musculoskeletal problems, Burnley Encouraging Exercise on Prescription (BEEP) may be the scheme for you.

## Tell me more about BEEP

We provide a three month programme supported for 12 months with fully qualified staff to give you support, guidance and motivation to help you achieve your goals.

BEEP is a referral scheme that can be accessed through your GP, practice nurse, physiotherapist or other health professional.

You will learn more about safe physical activity, coping with stress and healthy eating. You will be encouraged to progress safely at your own pace, gradually becoming fitter to make activity part of your daily life.

You will be able to take part in a variety of activities for all abilities including swimming, gym, Tai Chi and dancing, and access to St Peter's and Padiham leisure centres and various community centres.

## How will I benefit from being more active?

Taking regular exercise and keeping active can benefit people of all ages and fitness levels:

- Keep your heart strong and healthy, reduce risk of a heart attack or stroke
- Help prevention and management of more than 20 chronic diseases
- Improve mobility, balance and co-ordination
- Improve strength and energy level
- Help you feel and look better
- Increase weight loss and weight maintenance, increase muscle tone
- Help reduce stress levels and aid relaxation and improved sleep pattern
- Help you meet new people

## What do I need to do?

The first step is to make an appointment to see your GP/practice nurse or other health professional to discuss being referred onto BEEP.

For details on all activities available please turn to pages 8-13 or for more information call 01282 477134.

# Lose Weight 4 Good

## What is Lose Weight 4 Good?

Do you need support and motivation to help you lose weight? If you have a BMI of 25 or over we provide a 3 month programme with group and one-to-one support, including exercise to help you achieve your goals.

## Tell me more...

After an initial health screen you will receive personalised exercise instructions from one of our experienced tutors. Your progress will be monitored throughout the programme to keep you motivated with group and one-to-one support and NHS endorsed web support. Male and female classes. Access to St Peter's/Padiham leisure centres and community classes, with a range of activities including swimming, classes, gym and dancing. Open to anyone 16 years and above.

The Weight Management interactive health education topics include:

- Carbohydrates and calories
- Barriers to behaviour change
- Physical activity
- Alcohol - know your limits
- Eating out and takeaways
- Portion sizes
- Eat well plate
- Fibre and salt
- Goal setting
- Fats & sugars
- Food labelling

## How will I benefit?

- 50% less chance of developing more than 20 chronic conditions, including coronary heart disease, diabetes, cancer and obesity
- Increase weight loss and weight management
- Increase muscle tone
- Helps prevent one-third of cancers that are attributed to poor diet and nutrition
- Helps lower blood pressure. Reduce the risk of coronary heart disease by 9% and a stroke by 16%
- Helps to ease anxiety, stress and depression, improving positive mental health and avoid being socially inactive
- Increase your life expectancy by up to 11 years

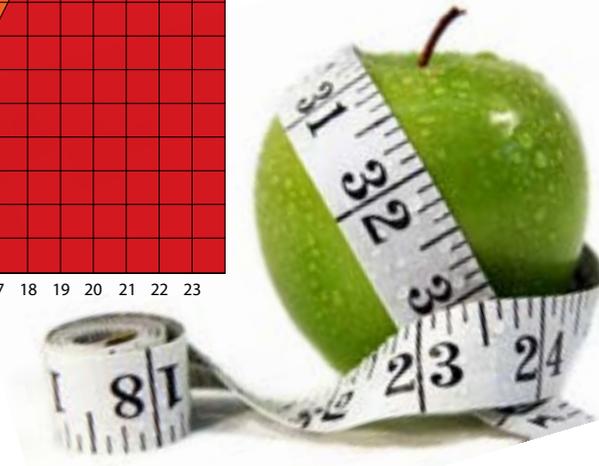
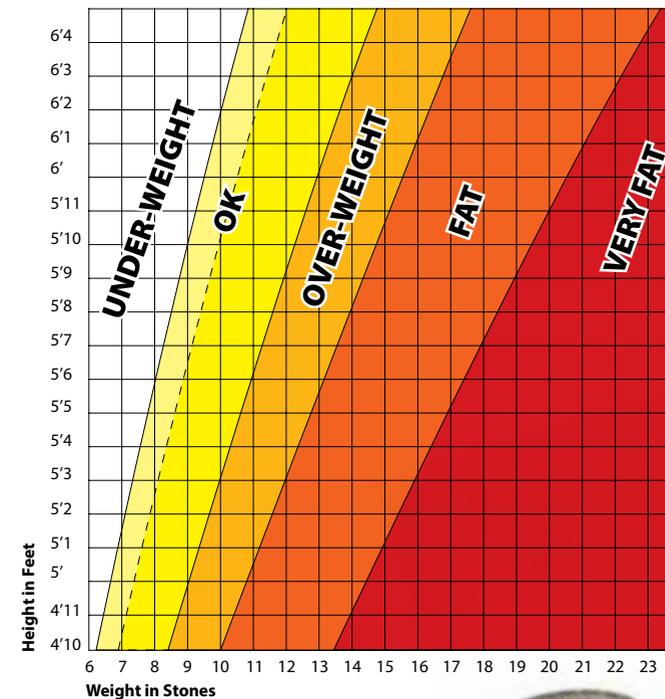
For details on all activities available please turn to pages 8-13 or for more information call 01282 477134.

# How overweight?

## What is my BMI?

Health professionals use a measurement called body mass index (BMI) to find out whether you are the right weight for your height. BMI can help to identify whether you are at risk of weigh-related health conditions. A BMI of 25 and over is classed as overweight, and a BMI of 30 and over is classed as obese.

Obesity is associated with increased health risks. This BMI chart can be helpful as a quick guide to assessing weight in most adults.



**£24 for 3months £2.00pw** (12 week countdown offer) £4.13pw  
**Passport to Leisure holders (£1.67pw)**

Slimming World - Group £49.50  
(12 week countdown offer) £4.13pw

WeightWatchers - £52.90  
(incl special offer of 1st month  
for £10) £4.73pw

\*prices correct at publication

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# BEEP programmes

## FALLS PREVENTION

This is a gentle exercise programme designed specifically to prevent falls and includes a combination of seated, OTAGO and postural stability exercises.

OTAGO is made up of muscle strengthening and balance retraining exercises designed specifically to prevent falls. It is safe, effective and practical. Postural stability involves chair-based activities, including use of exercise bands, ankle weights and Tai Chi.

The benefits gained include improving balance, muscle, strength, mobility, coordination, confidence, general fitness, well-being and social interaction.

Delivered by a specialist instructor, the programme can help reduce the risk and fear of falling, ideal for those who are less mobile and want to regain confidence after falling.



## LONG TERM CONDITIONS BEEP

Our low impact circuit-based BEEP exercise programme will help improve strength, mobility, balance and co-ordination; ideal for those with poor mobility or low physical ability, long term conditions such as COPD and Diabetes. BEEP offers a circuit based exercise class to encourage safe and effective exercising. There is also an education component specifically designed to help and support appropriate self management. For more details on all activities available call 01282 477134.

# BEEP activities

## GET UP & GO/SEATED EXERCISE

This is a gentle exercise class for those with joint or mobility problems, to help reduce pain and improve balance, flexibility, and co-ordination. All our seated tutors are postural stability qualified.



## SIT TALL & STAND STRONG

A combination of standing and seated mobility, cardiovascular, strength and balance exercises designed to improve flexibility, postural stability and strengthen the muscles and bones needed to keep active and carry out everyday activities.



## AQUA MOBILITY

Aquatic Mobility offers different forms of safe and effective exercise in water, which reduces direct impact on joints. Specific goals can be achieved within the programme, improved range of movement, improved muscle strength and improved water confidence.



For more information on any of our  
BEEP activities call 01282 477134

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# BEEP activities

## TAI CHI

This is a gentle low impact class improving muscular strength, flexibility, co-ordination and balance. It can help to lower blood pressure and stress levels, incorporates Qi Gong – a breathing technique for relaxation. Cecilia, our Tai Chi instructor, originates from Hong Kong and has been practicing Tai Chi all her life. She has a wealth of experience dealing with joint and mobility problems and is qualified in Tai Chi for arthritis.



## AQUACISE

Whether you are looking to improve your cardiovascular fitness or rehabilitate a chronic source of pain, Aquacise can help. Aquacise can be undertaken by anyone, regardless of height, weight and build and is ideal for those who have completed the Aquatic BEEP programme. Exercise in the water puts much less stress on your muscles and joints.



## AQUANATAL

Aquanatal is a wonderful form of safe exercise during and after pregnancy. Aquanatal can help you to have a shorter labour and help to alleviate antenatal and postnatal depression. It's fun and will give you an opportunity to meet new friends, whilst freeing you from the weight of your pregnancy for an hour.

## BEEP CIRCUIT

Our low impact circuit based class helps improve strength, general fitness, mobility, balance and coordination, ideal for all abilities especially those new to exercise.



## FIT & FUNCTIONAL

This circuit based class targets functional movement and is an excellent progression from the Falls programme. The class is designed to improve everyday activities eg climbing stairs, carrying shopping!



## PILATES

Our mat-based Pilates exercise class focuses on improving core stability, flexibility, mobility and postural alignment. Pilates can also help with weight loss, toning and injury recovery and is ideal for clients with back pain. The non-impact nature of the mat-based programme makes Pilates an appropriate class for all ages and fitness levels.



## EASY EXERCISE - BEGINNERS

Our gentle low impact class set to music, with simple but effective routines. Ideal for those who are more mobile, looking to improve all over fitness levels.



For more information on any of our BEEP activities call 01282 477134

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# BEEP activities

## SUPERVISED GYM

Our supervised gym session helps to improve strength, fitness, mobility, balance, co-ordination, toning and weight control. This programme is appropriate for those referred for various health conditions including, stress, anxiety, high blood pressure, diabetes, high cholesterol and musculoskeletal conditions with the reassurance of a qualified healthy lifestyles tutor supervising the session.



## STRICTLY PADIHAM - AN INTRODUCTION TO DANCE

Strictly Padiham includes modern ballroom, modern Latin and popular sequence, ideal for those who are new to dancing or haven't danced for some time and want to regain confidence. This fun class helps improve mobility, balance, co-ordination and general fitness. Our dance teachers Gerald and Margaret have many years of teaching experience and aim to make beginners feel comfortable in a relaxed enjoyable environment.



## FITSTEPS®

If you want to get fit fast, lose unwanted pounds and have more fun than you can believe doing it, this class is for you. FitSteps® is a unique dance and fitness class with a combination of the best known and most popular Latin and ballroom dances with proven fitness techniques, delivering fast fitness results, with a heap of fun thrown in! Suitable for all levels, ideal for those new to dance as and you don't need a partner! You just have to want to get fit and have fun.



For more information on any of our  
BEEP activities call 01282 477134

# Cardiovascular Health programme

## Cardiovascular Rehabilitation

If you have or have had any of the following then you could be eligible for our specialist programme:

- Heart attack
- Heart surgery – bypass, stents, valves
- Angina
- Heart failure
- Irregular heart beat
- Stroke
- TIA – mini stroke
- Peripheral vascular disease



14 The healthy lifestyles cardiovascular health team is led by Beth who has a Masters degree in cardiovascular rehabilitation and also holds two specialist qualifications in cardiac rehabilitation and exercise after stroke. Beth has more than 13 years experience in rehabilitation and, with her team, is able to tailor a programme to suit you and your goals.

You will have an individual assessment prior to starting on a programme and on-going monitoring throughout the 12-week programme. You will also be supported in making long term lifestyle changes to help reduce the risk of any further events. Sessions include ladies and men only, low level circuits, gym based exercise, seated exercise and Tai Chi in various venues.

# Community classes

## What are Community classes?

The healthy lifestyles team offers a wide variety of community classes throughout the borough as a continuation and progression of the BEEP or Lose Weight 4 Good programmes to help you maintain your new found fitness levels.

## Tell me more about the Community classes

We offer daytime and evening sessions, with a choice of venues within our leisure and community facilities. There is a wide range of exercise classes to choose from including Tai Chi, Pilates, seated Get Up & Go, low impact dance, swimming, easy exercise, circuit and gym-based exercise. All you need to do is choose the class for you.

## What do I need to do?

The community classes are open to anyone 16 years and over who live within the borough. There is no need to book - just come along to a session. If you have one or more medical conditions that may be effected by physical activity we would recommend you have completed either a BEEP or Lose Weight 4 Good programme before accessing one of the community classes. All classes are provided at a subsidised rate, payable at each session.

For a full list of our community class times and days please visit [pointme.org.uk](http://pointme.org.uk) or for more information on the classes call the healthy lifestyles team on 01282 477134.



# Smoking clinics

If you are thinking about taking the first step in stopping smoking our team of highly experienced smoking advisors offer FREE weekly walk-in group and one-to-one sessions, providing advice and support to help you stop smoking and to stay stopped.

We offer a day time or evening session, with Nicotine Replacement Therapy (NRT) and Champix available.

St Peter's Centre,  
Church St, Burnley BB11 2DL  
Mon 5.30 - 7pm Thurs 1.30 - 3pm

Yorkshire Street Medical Centre,  
Yorkshire St, BB11 3BT  
Wed 4.30-6pm

The stop smoking clinic can offer you support and guidance on:

- Addiction
- Planning to quit
- Nicotine Replacement Therapy (NRT)
- Champix
- Withdrawal symptoms
- Relapse prevention

For more information on how to get started please contact 01282 477134.



## Functional Fitness MOTs

The Functional Fitness MOTs are variety of functional exercises FREE to anyone 60 years plus and are a great way of checking general fitness, mobility, flexibility and balance. The MOTs are carried out by qualified instructors and include activities such as chair sit and reach, back scratch, hand grip and six minute walk. The Functional MOTs are a great starting point for motivation and setting goals with the opportunity to take advantage of local activities.

For more information call 01282 477134



# Useful contacts

## LEISURE FACILITIES

Burnley Leisure operates St Peter's and Padiham leisure centres and Prairie Sports Village which offer a wide range of activities. Once you have completed your programme we have many packages available to suit different needs – including the Clear BEEP membership - to help you continue and sustain your journey to better health and wellbeing.

St. Peter's Leisure Centre:  
01282 664444  
Padiham Leisure Centre:  
01282 477222

## PASSPORT TO HEALTH HOLDERS

On expiry of your Passport to Health you are entitled to a reduced rate BEEP membership and are able to access Burnley Leisure facilities at a subsidised rate - no joining fee.

The offer MUST be taken up within 30 days of your Passport to Health expiring. Please ask your healthy lifestyle tutor for further details.

## ACTIVE SPACES

The Active Spaces project, managed by New Groundwork, offers regular walks, of varying lengths on every day of the week in Burnley and Rossendale. Walks are free to residents of the boroughs.

The project also has a stock of two wheeler cycles and six adult sized trikes. Regular cycle/triking sessions are held on traffic free routes.

For more details please contact: James Kenyon 07545 734 361 or email [james.kenyon@newground.co.uk](mailto:james.kenyon@newground.co.uk)

Walking regularly will:

- Help your heart and lungs work better
- Lower your blood pressure, control your weight, improve your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol
- Walking regularly reduces the risk of a number of diseases and medical conditions, including heart disease, type 2 diabetes, depression, osteoporosis, and certain cancers

## CULTURE INFORMATION

Pointme is a what's on website for residents and communities in Burnley. Find out about all kinds of activities taking place locally, and discover new opportunities to meet people, be active and get involved in your community.

Pointme is simple and easy to use, and it's completely free! Locally based individuals, groups and organisations can create a profile and upload events, helping you to promote your activities, clubs or projects. Go to [pointme.org.uk](http://pointme.org.uk) to find out more.

## LOCAL BEREAVEMENT SERVICE

Offering help, support and advice for anyone experiencing a bereavement. Please call Cruse Bereavement Service on 01772 433645. Alternatively please visit [www.eastlancshealthyminds.nhs.uk](http://www.eastlancshealthyminds.nhs.uk)

## HELP DIRECT

Provide practical support guidance and information for all adults - call 0303 333 1111

## AGEUK LANCASHIRE

Offer a range of social activities and support for older adults - call Linda 01200 453076

## CARERS LINK

Provide support and information to carers in the community. For more information please call 01254 387444 or visit [www.bprcv.co.uk](http://www.bprcv.co.uk)

## OVER 50s' SOCIAL OPPORTUNITIES

Meeting new people, enjoying a lunch together, having fun through hobbies and activities, and getting involved in the local community. For more information call the healthy lifestyles team on 01282 477134.



**For more details call  
Burnley Leisure's  
healthy lifestyles team  
01282 477134  
healthylifestyles@burnley.gov.uk**



In partnership with Burnley Council