


BlackpoolCouncil

ACTIVE BLACKPOOL



Welcome to the  
**Exercise Referral**  
**Scheme**

Telephone: 01253 478007



@ActiveBlackpool



exercise.referral@blackpool.gov.uk

ActiveBlackpool.co.uk



# Welcome

## to Exercise Referral

At Active Blackpool, we are committed to helping as many people as possible to improve their health and well-being and lead more active lives.

This booklet will provide you with everything you need to know about what we have on offer to support you through your journey to improve your health and well-being.



### Programme Breakdown:

#### Welcome Meeting

This is your chance to see and learn everything there is to know about the programme. You will have the opportunity to start your Exercise Referral journey after your meeting.

#### Induction

Depending on your choice of activity, your first appointment after the welcome meeting will likely be an induction. We have something for everyone to start your 16 week journey.

#### 4 & 8 Week Reviews

We'll show you how much progress you're making, review your goals and take time to tell you about all the other things your Exercise Referral membership includes.

#### 16 Week Review

Time to celebrate your success as we review your 16 week journey. You'll have the opportunity to continue your membership with the wider Active Blackpool team.

### The benefits of being more active...

Regular physical activity can have a positive effect on not only your physical health, but your mental health as well.

It will help manage and control your existing conditions and can also help to prevent you from developing others.

# Exercise Referral Overview

Our 16 week Exercise Referral Scheme will help you to introduce physical activity into your life in the most appropriate and sustainable way for you. Our fabulous referral instructors will be there to advise and support you every step of the way.

To support you, we've put together some handy frequently asked questions that may help you throughout your journey to a happier, healthier you.

## Where do activities take place?

We have a wide range of activities on offer for you to choose from to support you throughout your journey with us. Our activities take place across three of our Leisure Centres in Blackpool. You can access all 3 sites with your 16 week inclusive membership.

 Blackpool Sports Centre, FY3 9HQ

 Palatine Leisure Centre, FY4 2AP

 Moor Park Health and Leisure Centre, FY2 0JG

## Things to remember

- Bring any medications that you need when exercising
- Let us know of any changes to your medical conditions
- Keep hydrated - bring some water with you
- Always warm up and cool down gradually
- Do not participate if you feel unwell

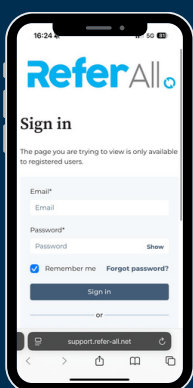


## What should I wear?

Wear something that you are comfortable in and lets you move around easily. Sturdy trainers or flat shoes with rubber soles that cover your whole foot, provide support and protect your ankle.

## How do I book or cancel a session / class?

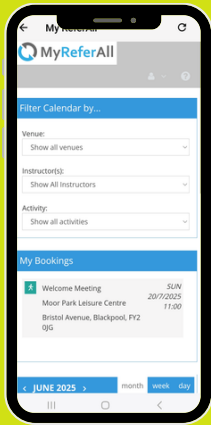
- Online or via the Active Blackpool App / MyReferAll App
- Call our hotline on 01253 478470
- At a reception desk at our three sites



# How to use MyReferAll

## MyReferAll

Our digital portal called 'MyReferAll' enables you to book your own welcome meetings, inductions and reviews. The reviews are important to make sure we are tailoring your programme to suit your needs and goals whilst checking in on your progress.

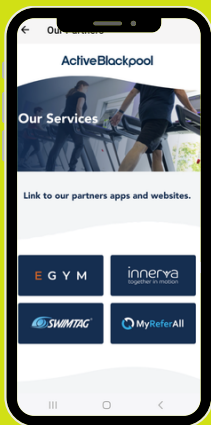


### Click on the Link

You will have been sent a text and/or an email from the Exercise Referral team. Click the link in the message to download the App.

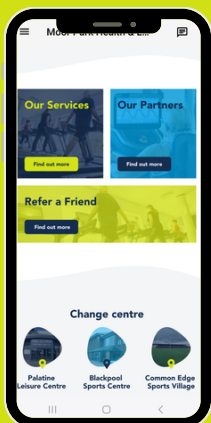
### Book via MyReferAll

Select your preferences ie your chosen leisure centre and time to attend, then book your review/session.



### Do you need to Rearrange or Cancel?

Log into your MyReferAll account to cancel your appointment or rearrange. Did you know you can filter the available days / times by instructor name.



### Download the Active Blackpool App

You can use the Active Blackpool App to access your MyReferAll account.

### Active Blackpool App & Partners

Information and links for ReferAll, Innerva and EGYM can all be found within the Active Blackpool App as well as our Exercise Referral timetable.

Your link will expire after 7 days - this can be resent by contacting our team on  
**01253 478007**

*"Don't forget to book your 4, 8 and 16 week reviews through MyReferAll or by calling 01253 478007 .*

*We will send you text reminders along the way. "*



# Pathways & Apps



## Active Blackpool

The Active Blackpool app is used for booking classes, activities & checking timetables.



Elevate your fitness routine with the app! It's your all-in-one solution to easily monitor your workouts, track progress, and achieve your fitness goals with engaging insights and motivation.



Our digital portal called 'MyReferAll' enables you to book your own welcome meetings, inductions and reviews.



Our power assisted exercise technology provides a 'helping hand' in a low impact, full-body workout circuit. Monitor your progress through the Innerva App.



**Apps are a great way to support you throughout your Exercise Referral journey.**

**The Apps on this page will support your membership experience, provide you with live results and interactive booking systems.**

**You'll also find useful information to support your primary health condition through our deliberately crafted customer pathways.**



Health Connect gives you a simple way to share data between your health, fitness, and wellbeing apps without compromising on privacy.

**See our page on Tach Support to help connect your devices.**



This free NHS Active 10 app records every minute of walking you do. It even breaks down the number of brisk minutes walked! Just pop your phone in your pocket and away you go!



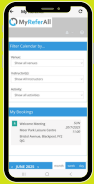
Download the free NHS Weight Loss Plan to help you start healthier eating habits, be more active, and start losing weight. The plan is broken down into 12 weeks.



This free App is recommended for members on our metabolic pathway who wish to know more about nutrition.



# Tech Support



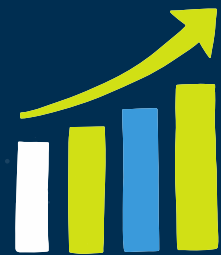
We know that using technology can be daunting. We have carefully considered the range of Apps and other electronic systems to support you as they offer greater user access for ie bookings and progress monitoring.

For help and support with any of the technology we use, please speak to one of the team to find out more.

## Tech Support sessions can be booked if you...

- **Call us** on 01253 478007
- **Text/Reply** to the confirmation text you received from us

# Book your Review



We'll show you how much progress you're making, review your goals and take time to tell you about all the other activities, classes and groups your Exercise Referral membership includes.

## How do I book a review?

- Your 4, 8 and 16 week reviews can be booked online via MyReferAll.
- You can also book by calling 01253 478007.
- We will send you a text reminder one week before your due review date.

## The benefit of attending your reviews..

The reviews are important to make sure we are tailoring your programme to suit your needs and goals whilst checking in on your progress.

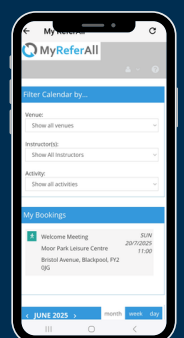
## Book your Review now... on MyReferAll

# Member Success



“I now feel so much more positive about my life once again. I can now live my life to the full thanks to Active Blackpool.”

**Michael Bloomfield**  
Age 50



# Text Messages



Once you commence your 16 week journey, you will receive regular updates via text message. As well as words of encouragement, we're here to support you throughout your journey.



# Active Minutes:

## What are the guidelines?

For a healthy heart and mind

To keep your muscles strong

 Chance of falls

### BE ACTIVE

VIGOROUS

MODERATE



RUN

WALK



SPORT

CYCLE



STAIRS

SWIM

MINUTES PER WEEK

**75**

OR

**150**

VIGEROUS INTENSITY

MODERATE INTENSITY

- BREATHING FAST
- DIFFICULTY TALKING

- INCREASED BREATHING
- ABLE TO TALK

OR A COMBINATION OF BOTH

### SIT LESS



TV



SOFA



COMPUTER

BREAK UP SITTING TIME



### BUILD STRENGTH



GYM



YOGA



CARRY BAGS



Days per week

### IMPROVE BALANCE



DANCE



PILATES



MULTISPORTS

UK Chief Medical Officers' Physical Activity Guidelines 2019

*“Some is good, more is better. Start small and build up gradually.”*



# Meet the Team

Our specialist Exercise Referral team are on hand to help you throughout your journey by creating a safe and effective physical activity programme tailored to your needs and goals.

Scan me



**Anna K**  
Instructor



**Anna S**  
Instructor



**Elena**  
Instructor



**Emma**  
Co-ordinator



**Inga**  
Instructor



**Joseph**  
Instructor



**Lola**  
Co-ordinator



**Lynn**  
Instructor



**Neil**  
Development Officer



**Phil**  
Co-ordinator



**Sophia**  
Administrator

# Activity Overview

## Active Wellbeing Suite

Provides a range of power assisted equipment to help you exercise and build strength in a relaxed and sociable setting.

## Gym Sessions

Instructor facilitated Supported Gym Sessions with E-GYM equipment available at our 3 sites.



## Swimming & Water Sessions

- Aqua Aerobics
- Water Wellbeing
- Good Boost
- Swimming Lessons (10 free sessions)
- Public Swimming Sessions



## Neurological & Cardiac Sessions

A small private group designed and delivered by neuro and cardiac instructors.



## ESCAPE Pain

Provides you with the skills and techniques to self-manage your pain.



## Good Boost

An app-based therapeutic water exercise programme.

## Health Circuits

A low impact circuit with each station targeting different muscle groups.



## Nutrition

Learn how improved nutrition supports your goals.



## Parkinson's Boxing

Focuses on footwork to help improve balance.



## Pilates

Blends strength and flexibility training & improves coordination and balance.



## Referral Boxing

Your exercises will include focus on footwork to help improve balance.

## Referral Ride

Indoor cycling to improve your lower body strength and cardio fitness.



## Step to Health

Focuses on building strength and improving cardiovascular fitness.



## Water Wellbeing

Utilises the unique properties of water to promote health and wellness.

## Zumba®

Everybody and every body! Each Zumba® class is designed to bring people together.



## Zumba® GOLD

Zumba® Gold is a specialised version of the popular Zumba® fitness program, designed for people over 50, beginners, and those seeking a lower-intensity workout.



# Active Wellbeing Suites



Fat loss



Increase mobility



Develop strength



Improve Health and Wellbeing

The Active Wellbeing Suites are located at Palatine and Moor Park Health and Leisure centres and offer a range of power assisted equipment to help you exercise and build strength in a relaxed and sociable setting. The Wellness Instructors are on hand to support you every step of the way.

In the Active Wellbeing Suite, you'll move around the equipment in a circuit with 3 minutes on each machine. The machines work the upper and lower limbs together, to improve your strength and flexibility, via a helping hand from the machine. Increasing or decreasing the resistance on the machines will allow you to be in control of your workout.

**What should you wear?** We're quite relaxed in the Active Wellbeing Suites, so you should be too! Come in comfortable clothing which won't restrict your movement. Shoes are optional but we do ask that you wear socks or closed slippers to keep you safe. Don't forget to bring a water bottle to keep you hydrated, we have a free water fountain for you to use.



## What our members say...

92% say that coming to the Active Wellbeing Suite has had a positive effect on their mental health



88% have felt a noticeable improvement in their flexibility after attending the Active Wellbeing Suite



78% say that attending the Active Wellbeing Suite has had a positive effect on their existing medical conditions



64% have felt a noticeable improvement in their balance after coming to the Active Wellbeing Suite

# EGYM Smart Fitness



Unique to us in Blackpool, EGYM is the most advanced strength training equipment around. Whatever your experience, EGYM offers the perfect way to help you to reach your fitness goals.

EGYM will automatically set itself to your unique configuration and remember the weights you've been working with. It's the right kind of easy!

As you progress, you'll carry out regular strength assessments. You'll also get calculated bio-age results to give you feedback and help measure your progress.

As you continue to use the equipment, more advanced features will open up to you with EGYM+, giving you more ways to personalise your workout. EGYM will truly be a game changer to your workout routine.



## Gym Support Sessions



Our supervised gym sessions allow participants on our programme to attend the gym at any of our three Leisure Centres under the care of a qualified Exercise Referral Instructor. The sessions give you a degree of freedom as you look to become more independent in your exercise regime.

Active Blackpool's state of the art EGYM equipment, available at all three Leisure Centres, is powered by smart technology. It offers personalised workout experiences for different experience levels, from beginners to experts.

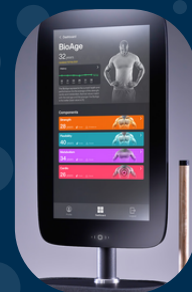
“I have lost three stone, my blood pressure is down and my medication has reduced by half. I am 75, and now I feel like a 55 year old. I am now wearing clothes which have been impossible to wear for 25 years.”

Mary Age 75

Member  
Success



# EGYM Bioage



## Your Personal Health Roadmap

Our EGYM technology doesn't just look at your weight; it looks at what you are made of. By measuring these 4 key areas, our instructors can see exactly where you are starting from. This is called your **baseline**.

Once we know your **baseline**, your instructor can create a bespoke training plan tailored specifically to your body's needs.

### 1 - Strength & Muscle (Appendicular Lean Mass)

- **The Science:** This measures the "functional" muscle in your arms and legs.
- **The Help:** As we age, we naturally lose muscle and power. By knowing your starting strength, we can give you the right exercises to rebuild that muscle, protecting your joints and keeping you independent.

### 2 - Heart Health (VO2 Max)

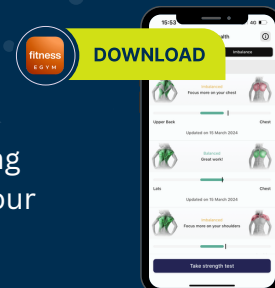
- **The Science:** This measures how much oxygen your heart and lungs can use.
- **The Help:** This is your "fitness engine" score. Improving this score helps your heart pump more easily. Your instructor will use this to set the perfect walking or cycling pace to improve your heart health without overdoing it.

### 3 - Visceral Fat

- **The Science:** This is the hidden fat stored deep inside, around your organs.
- **The Help:** High visceral fat is linked to heart disease and diabetes. Tracking this allows us to see the "invisible" progress you are making, even when the scales don't move. It's one of the biggest wins for your health.

### 4 - Flexibility

- **The Science:** This measures the range of motion in your joints.
- **The Help:** Stiffness leads to aches and pains. By measuring your flexibility at the start, we can add specific stretches to your plan to keep you moving freely and comfortably every day.



### Why the 'Baseline' Matters?

When our instructors understand your unique **baseline**, they stop guessing and start knowing. This allows us to provide a bespoke service that targets your specific health goals - whether that is reversing muscle loss, improving heart health, or reducing hidden fat.

# Referral Classes

Our referral classes are designed to help you engage in safe, enjoyable and effective physical activity, tailored to your unique health needs. Led by experienced, qualified instructors, each session provides a supportive environment where you can work at your own pace and receive guidance.

Through gradual, achievable progressions, our classes will empower you to develop confidence, reach your personal goals and enjoy the many benefits of an active lifestyle.

- Referral Circuits
- Step to Health
- Active Wellbeing Suite Class
- Referral Ride
- Referral H.I.I.T
- Referral Boxing Fit
- Referral Gym Support
- Referral Pilates
- Referral Zumba® / Zumba® GOLD



## Musculoskeletal

- Good Boost
- MSK Gym Support
- Escape Pain - Hip & Knee or Back



## Mental Health

- Water Wellbeing
- Swim Together



## Neurological

- Parkinson's Boxing Fit
- Wellbeing Suite Neuro Class
- Neuro Gym Support



## COPD

- COPD Circuit
- COPD Gym support



## Cardiac

- Wellbeing Suite Cardiac Class
- Cardiac Gym Support
- Cardiac Class



# Benefits of Zumba®

## Zumba® is perfect for...



Everybody and every body!  
Each Zumba® class is designed to bring people together.

## How it works...

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

## Health benefits...

A total workout, combining all elements of fitness, cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

## Zumba® GOLD ⚡

Zumba® Gold is a specialised version of the popular Zumba® fitness program, designed for people over 50, beginners, and those seeking a lower-intensity workout. It retains the exciting, dance-party atmosphere of regular Zumba® but modifies the moves and pace to better suit the needs and abilities of its participants.



# Exercise Referral Pilates

Blending strength and flexibility training, you'll also improve your breathing control, co-ordination and balance with the low impact, slow and controlled conditioning exercises in this class.



If your goal is weight loss, toning, strength and conditioning or just improving your general wellbeing, then Pilates is for you.



## How do I know if it's right for me?

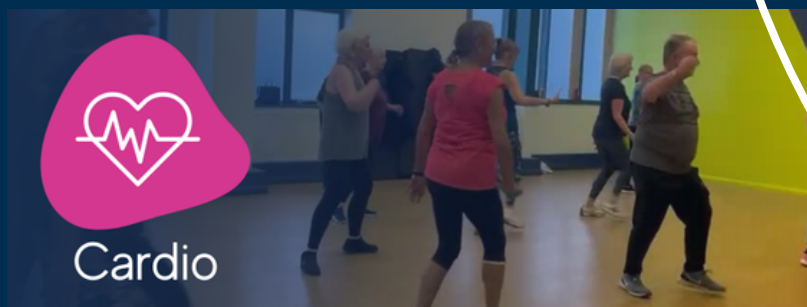
If you're reading this, you're interested so that's a good place to start!

This class is right for you if you're looking to improve your strength and flexibility.



The instructor will demonstrate modifications for all exercises so it's suitable for everyone.

The only way to truly know, is to come along and try it out.



# Swimming & Aquatic Activities



[blackpool.gov.uk/swimming](https://blackpool.gov.uk/swimming)

Regular swimming can help keep you in shape, boost mood and help reduce the risk of chronic disease such as heart disease, type 2 diabetes and stroke. It's particularly helpful for people with long-term health problems and can help reduce joint pain in those who suffer with arthritis.

Our membership gives you access to our Water Wellbeing accredited sites at Moor Park Health and Leisure Centre, Palatine Leisure Centre and also includes our Good Boost and Water Wellbeing sessions. Our website has up to date public swim and class timetables.



## Good Boost & Bump Boost

Scan me for information on Good Boost



**Good Boost** is an aqua exercise rehabilitation programme that uses technology to assess individual conditions and create tailored exercise programmes. These sessions are delivered as group sessions to aid social support. **Bump Boost** provides safe supportive water based exercise for all stages of pregnancy.

## Water Wellbeing



Our **Water Wellbeing** swimming sessions are designed to provide a gentle, supportive environment where participants can improve both physical and mental health through guided, mindful movement in water. These sessions focus on relaxation, mobility, and low-impact exercises, making them ideal for individuals seeking to relieve stress, increase flexibility and enhance overall wellbeing.



## Mental Health Swims

FREE

Our **Swim Together** mental health swimming sessions are designed to provide a supportive, calming environment where you can experience the benefits of swimming for mental wellbeing. These sessions create a space for relaxation, stress relief and connection with others in a non-judgemental, inclusive setting. Guided by Swim Hosts, participants are encouraged to move at their own pace, helping to build water confidence while promoting mindfulness and focus.

FREE

## Be Water Confident



Adult **'Be Water Confident'** lessons are available to members. We are offering a block of 10 consecutive lessons during your time on the 16 week program. These lessons are aimed at individuals who perhaps haven't swam for a while and want to feel more confident in the water. Please ask your instructor for more information.

# escape pain

## Helping you manage your lower back or joint pain

ESCAPE-pain aims to provide you with the skills and techniques to self-manage your pain.

Chronic pain affects over **8.75 million** people in the UK

### This can be influenced by...

1. Age
2. Activity/fitness level
3. Genetics
4. Weight
5. Injury or disease
6. Ethnicity
7. Occupation
8. Surgery
9. Joint abnormality

### By exercising you will gain...



**Physical**



**Psychological**



**Social**

...benefits

### What to expect...

6 weeks long

Twice weekly

1 hour sessions

15-20 minute discussion

Tailored exercises

### Programme aims

The programme will help you



Carry out normal activities



Manage symptoms



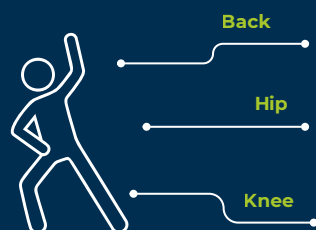
Become more active



Continue to exercise

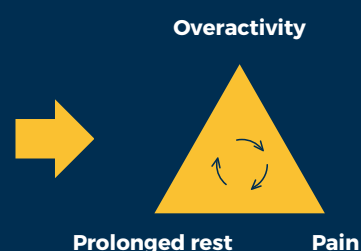
### Types of exercise

Apart from **general exercises**, the programme will contain specific exercise routines, such as:



### How you will develop?

The programme will allow you to become more confident in dealing with your pain for the long term by helping you learn techniques for avoiding the **Vicious Cycle**



### What you will learn



How to safely exercise & pace yourself



Socialise with individuals experiencing similar pain



Healthy lifestyle advice



Setting personal goals



Remaining positive



Managing flare ups

### What participants tell us

**90%**

of participants surveyed were satisfied with the service and participant were more optimistic following the programme

**99%**

of participants said they would recommend the programme to friends and family.

Scan me for more information on **Escape Pain**



### Participants testimonials

I have benefitted 100% from the class. My right knee is much improved and I have a training programme to help me with the rest of my life.

When I started I could only walk for 10 minutes before the pain started. I can now walk a lot further and I do not need to stop.

It has given me the confidence to exercise more than I thought possible at my age and due to the fact that I have osteoarthritis.



## Exercise Referral **Nutrition**

All adults need a varied and balanced diet to ensure we get enough essential vitamins and minerals.

We also need to make healthy choices when it comes to our lifestyles. As we age, there are some elements of diet, nutrition and lifestyle we may need to change or pay more attention to (British Nutrition Foundation - BNF)

Exercise alone may not be enough to reach our goals. Our Exercise Referral 'Nutrition' sessions will guide you through a range of topics to compliment your increased levels of exercise, ensuring greater knowledge and better results.



The NHS Weight Loss App is available to support for 12 weeks, download here...



You have a choice of two 6-week programmes to choose from. Option 1 has a more generic focus and Option 2 is aimed towards adults taking GLP-1 weight loss medication.

**1**

- A look at what you've tried before and food range awareness
- Strategies to support dietary changes. How to manage cravings effectively
- Protein and muscle building. Good fats and benefits of being active
- Gut bacteria and why this is important to support weight loss
- Behavioural eating and importance of good sleep
- Water, fibre, carbohydrates and sugars

**2**

**GLP-1**

- Biological control of appetite
- Decision making
- Proteins and muscle mass & maintenance
- Effects of GLP-1 and longer term planning
- Next steps and follow on from nutrition course

**Freshwell**  
LOW CARB PROJECT



Free app packed full of information, resources, recipes and all you need to get started



# Supporting GLP-1 & Weight Management

If you are currently taking a GLP-1 medication (weight-loss injections), our team is specifically qualified to support you. We understand that while these medications are excellent for weight loss, they can sometimes lead to a loss of muscle mass alongside fat.

## Expert Support You Can Trust

Our entire Exercise Referral team has received specialist clinical training from Dr. Hussain and holds a formal qualification in this area. We are skilled in helping you manage the physical changes that happen during medical weight loss.

## Why we use eGym to Protect Your Muscle?

When taking a GLP-1, it is vital to "hold onto" your muscle while you lose fat. Muscle is your metabolic engine; if you lose too much, your metabolism slows down, and you may feel weaker.

**Tracking Your Baseline:** We use our BIA scales to assess ALMI (muscle in arms/legs) to see exactly how much muscle you have at the start.

**Bespoke Resistance Training:** Based on your results, we create a tailored plan to stimulate your muscles. This ensures that the weight you lose comes from Fat, not your strength.

**Monitoring Progress:** 4 weekly re-scans allow us to see in real-time that your body is becoming leaner and healthier, rather than just "smaller."

## The Science: Why Muscle Matters

Maintaining muscle is the key to long-term success. By protecting your lean mass through specific types of training, we help you keep your metabolism high and your body strong. This makes it much easier to maintain your new weight and keeps your heart and joints healthy for the future.

# Ramblers Wellbeing Walks

[blackpool.gov.uk/ramblerswellbeingwalks](https://blackpool.gov.uk/ramblerswellbeingwalks)



**It's almost impossible not to feel good when we're walking outdoors, it's a natural mood-booster! And the great news is you don't need to walk far or fast to feel its effects on your health and wellbeing. Simply getting out is great for our minds and bodies, and it can be sociable to.**




Ramblers Wellbeing Walks make it easier to start walking and stay active. And you'll certainly never be short of good company. The walks are free of charge and are suitable for people of all ages and abilities and are supervised by trained leaders and volunteers. Head to our website to view our up to date timetable.

# Contact the team

 [exercise.referral@blackpool.gov.uk](mailto:exercise.referral@blackpool.gov.uk)

 01253 478007

 Reply via text  
messaging service



## Your journey to better health starts here

### Membership cost:

- £15 per month for 4 months or £60 upfront payment for 4 months
- £3.30 Pay As You Go
- £19.99 inclusive membership available upon completion

[ActiveBlackpool.co.uk](http://ActiveBlackpool.co.uk)

   @ActiveBlackpool

