

*I'm doing it*

**FOR MY  
KIDS**

## Talk to us about getting active

Your local Get Active Specialist will give free, professional and friendly guidance to help you get started. Find out more inside.

## INTRODUCTION

We know that getting active can be difficult so our local, friendly and professional Get Active Specialists can help you get started.

Our team are highly qualified and experienced health and fitness professionals with a focus on helping people to improve their health and wellbeing through physical activity.

You will work together to set a personal plan of action that will make it simple for you to find ways to fit physical activity into your daily life.

Our Get Active Specialists will help to find a fun and friendly activity to suit you, based on your fitness level and interests. From free walks to badminton, from dance to swimming, they will help find the right thing for you.

Interested? Read on to find out how the Active Herts team can guide you through your first step towards living an active lifestyle.

## IS EXERCISE BETTER THAN MEDICINE?

Yes - it can be!

Keeping Active and doing regular exercise can really improve both your health and quality of life and make you feel good too. It can also help:

- Reduce your risk of Coronary Heart Disease
- Control a medical condition such as High Blood Pressure or Type 2 Diabetes
- Help you to lose weight
- Reduce stress, anxiety and depression
- Improve general mobility

You are also likely to meet new people and have fun too!



### Did you know...

..only one in four adults living in Hertfordshire, currently does enough exercise to stay healthy?

Only 10 minutes of exercise a day can help make a big difference to your health.

# HOW CAN ACTIVE HERTS HELP YOU?

## 1. Book your first appointment

At this appointment you and your Get Active Specialist will talk about the steps you can take to start getting active.

Together you will look at what you want to achieve, how to get there and how we can support you.

This will include agreeing your personal Get Active plan to guide you. They will also help to find a local activity or sport session to suit your needs.

## 2. Two week catch up

After two weeks your Get Active Specialist will give you a call to see how you are getting on with your plan. You will discuss progress so far and how you are feeling about being more active.

If you feel you would like some motivation or extra guidance at this stage, you will be able to book another free appointment to talk about any concerns you may have.

## 3. Three month review

After three months, your Specialist will contact you to book in a review. This will be a chance to look at your progress so far and see how you're getting on.

At this appointment, you can discuss how you are feeling, identify any health improvements and develop your plan for the coming months.

## 4. Six month appointment

Hopefully you are sticking to your plan and are feeling the benefits of being more active.

Your Get Active Specialist will contact you to arrange a telephone or one-to-one review to see how you are getting on.

Further support may be offered to help motivate you to keep active.

## Supporting you every step of the way

If you have any questions or need additional help, feel free to call or email your Get Active Specialist at any point. Contact details overleaf.

# HOW CAN I GET STARTED?

We would love you to join the Active Herts programme, but please make sure you can answer 'yes' to the following questions.

- Do you currently do less than 30 mins of physical activity that raises your breathing each week?
- Are you over the age of 16?
- Do you live in Broxbourne, Hertsmere, Stevenage or Watford?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

To get started, contact your local Get Active Specialist by phone or email to book your first appointment at a time to suit you.

## GET IN TOUCH

Contact your local Get Active Specialist today:

### Broxbourne

Andrew Rix  
**Mob:** 07506 503 316  
**Email:** Andrew.Rix@broxbourne.gov.uk

### Stevenage

Hannah Marsh  
**Mob:** 07766 160 149  
**Email:** Hannah.Marsh@stevenage.gov.uk

### Hertsmere

Lee Bruce  
**Mob:** 07741 248 852  
**Email:** Lee.Bruce@hertsmereleisure.co.uk

### Watford

Alison Goodchild  
**Mob:** 07710 096 398  
**Email:** Alison.Goodchild@watfordfc.com

Working together in partnership

