

Staying Active

Completing the programme is just the start of what we hope will become your regular active habit, we would also love to see you continue to use our facilities and most importantly, stay healthy.

The **Active Forever** programme, once completed will then give you the chance to sign up to a Lincs Inspire Full Health & Fitness membership at a special concessionary rate (if taken up within a month of completing the programme). After this month normal membership rates will apply.

We want you to keep your active habit, stay well and enjoy life!

For more information on the **Active Forever** programme please call **(01472) 324385** or email: activeforever@lincsinspire.com

www.lincsinspire.com



Lincs Inspire Limited is a registered Charity.
Charity No: 1169071



**ACTIVE
FOREVER...**

The logo features the word "ACTIVE" in blue, "FOREVER..." in blue, and a stylized human figure in the center composed of overlapping colored circles (green, yellow, red, blue, purple).

Time for
...a better you!

**Join our
wellness
scheme**

www.lincsinspire.com



Do you want to take the first step into leading a healthier lifestyle?

If so, we can help you make small but effective changes to your lifestyle.

Often small changes can make a big difference

Joining our 12 week **Active Forever** programme enables you to access a wide range of facilities and wellbeing activities, all designed to be supportive and informative.

We usually recommend two wellbeing activities per week supported by pathway reviews, however attendance and activities are always tailored to individual needs.

We have a team of trained wellbeing staff and fitness instructors on hand to guide you on your **Active Forever** journey and help you achieve your aspirations, keep active, meet new people and most importantly, have fun!

If you would like to join our programme please speak to a member of our Health and Wellbeing team, or speak to a health professional, i.e. your GP, practice nurse, health trainer or physiotherapist, to see if you can be referred onto the programme.

FLEXIBLE PRICING

Option 1 Pay as you go: Just £2.90 per session at one of our venues, plus a one-off £10 induction fee.

Option 2 Pay in full: £43 for 24 sessions across a 12 week period at one of our venues (recommended 2 sessions per week). This includes the Induction fee.

Our Wellbeing Programme

This programme offers a wide range of wellbeing activities available across our different venues, so you can find the activities and venues that are right for you!

For example...

GYMS



SWIMMING



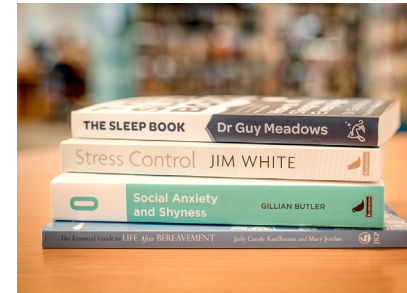
EXERCISING TOGETHER



TOTAL TONING



READ YOURSELF WELL



MEET OUR LIFESTYLERS



Stephen said: *"I feel more relaxed and somehow it gives you a stronger feeling of wellbeing and it's good for your mental health as well."*

Sandra said: *"I feel healthier, more confident, and happier. I want to go out more and I've made new friends. Coming to the leisure centre now is just like a family."*

PLEASE NOTE: Not all activities are available at all sites. All activities are subject to availability. T&C's apply.