



UPDATES FROM OUR TEAM

In line with government guidance we launched outdoor sessions on April 12th, find more information on page 2.

The below are programmes operating remotely:

- Keeping Well at Home
- Health Referral Programme

If you have any queries, please call our team: 0113 3783680 or email health.programmes@leeds.gov.uk

Active Leeds for Health

***PREVIOUSLY KNOWN AS HEALTH PROGRAMMES**

LOUISE & RICHARD TELL THEIR STORY OF HOW THEY'VE MANAGED DURING THE PANDEMIC

"It was a major wrench to lose our lifelines of exercise sessions and social activities. Richard lost strength in his legs, resulting in a fall, a hospital stay and being registered disabled. Things improved in January 2021 when we began the Keeping Well at Home programme. We received an exercise booklet with a resistance band, and now Richard attends regular Zoom classes. Richard's strength and confidence has improved, and he has begun using the stairs again. I have some respite time whilst he is engaged on the classes, and do my own sessions on the Active Leeds livestream. " [Click here](#) to read more.

LIVE & ON DEMAND CLASSES: NEW APP MEMBERSHIP

From Monday 26th April you can purchase an app membership which gives you access to Live and On Demand classes on the app. You can enjoy live classes led by our Health & Wellbeing coaches such as Keeping Moving, Gentle Exercise & Tai Chi for Health for £7.49 a month.



AMBASSADOR PROGRAMME

We are delighted to introduce our current ambassadors Selina, Connie & Laura. Each ambassador is sharing their journey of keeping moving whilst living with a long term health condition. This can range from morning stretching, walks or anything that involves moving and helping you feel good.

Check out our social media accounts to follow their journeys.

- Facebook: [@ActiveLeedsforHealth](#)
- Twitter: [@leedsforhealth](#)

Would you like to be an ambassador?
Contact our team and let us know!

ACTIVE
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for health

WE ARE UNDEFEATABLE

NEW OUTDOOR CLASSES TIMETABLE

Book and pay in advance of session. Call 0113 3788001

Monday 11-11:45am	Keeping Moving with Maureen - John Charles
Monday 12:45-1:30pm	Keeping Moving with Maureen - John Smeaton
Monday 2:30-3:15pm	Keeping Moving with Maureen - Holt Park
Friday 10-10:45am	Keeping Moving with Selina - John Charles
Friday 11:45-12:30pm	Keeping Moving with Selina - John Smeaton
Friday 1:30-2:15pm	Keeping Moving with Selina - Holt Park

ZOOM KWAH CLASSES

Delivered via Zoom. Contact health.programmes@leeds.gov.uk or call 0113 3783680 for Zoom link

Monday 1-2pm	Keeping Well at Home with Leann
Tuesday 11-12noon	Keeping Well at home with Leann
Wednesday 11-12noon	Keeping Well at Home Progression
Wednesday 1-2pm	Keeping Well at home with Paul
Thursday 1-2pm	Keeping Well at home with Selina
Friday 10.30-11.30am	Keeping Well at home with Leann
Friday 1.30-2.30pm	Mind and Body with Maureen

LIVE STREAM CLASSES

Accessed via Active Leeds app or website

Monday 9.15-10am	Tai Chi with Selina
Tuesday 3-3.45pm	Keep Moving with Maureen
Thursday 9-9.45am	Keep Moving with Paul
Friday 11-12noon	Gentle Exercise with Denise
Sunday 11:30-12:30pm	Gentle Exercise with Denise

CLASS DESCRIPTION

Keep Moving

Low impact full body workout. Classes led both virtually and outdoors.

Keep Well at Home

Exercises including balance, strength and aerobic which can be used to support the use of the KWAH booklet. Dining chair needed and a tea towel. Grab a drink at the end of the session and join us for a chat.

Tai Chi

Gentle activity focusing on balance and movement.