

profiles

Health & Well-being



active you

Shape up for a healthy new way of life and enjoy **ACTIVE** support to help you on your journey.

www.activeluton.co.uk

active
LUTON

Have the demands of daily living taken their toll on YOU?

Balancing the demands of family life, work and general everyday living can be tough. Often there is too little time to pay attention to YOU and what is happening to YOUR LIFE and YOUR BODY. NOW is the time for CHANGE.

At **Active Luton** our Healthy Lifestyles Team recognises the challenges **YOU** face, not only in taking that first step, but also in making that lifelong commitment to **CHANGE**. The team has developed **Active YOU**, a series of

lifestyle support programmes designed to kickstart your new approach to healthy living and importantly, to support **YOU** on your journey.



The programmes range from **Foundation** level through **Bronze** and **Silver** to our **Gold** premium lifestyle support programme. Entry level is **YOUR** choice. Each programme provides a specific level of **help and support to suit YOUR needs**.

Silver and **Gold** programmes include **Optima-**

life's state of the art physiological assessment technology. Testing is designed to show you how your body is coping with your life and you will be provided with full written reports. **Active YOU Gold** will also give you **12 months FREE Profiles** membership at Luton Regional Sports Centre's state of the art gym facilities **plus YOUR very own PERSONAL TRAINER**.

Remember, a small change really can make a BIG DIFFERENCE.

Active YOU Support Programme

Active YOU Foundation

The Foundation programme provides:

- ♥ A foundation lifestyle assessment and fitness test
- ♥ A one to one interview with a member of the Healthy Lifestyles Team to review your initial assessment
- ♥ Specialist advice to develop a personal lifestyle programme including your own physical activity plan
- ♥ A web based Health and Fitness monitoring toolkit
- ♥ A monthly review of progress (on-line and telephone) plus a revision of your personal lifestyle programme as required

Active YOU Bronze

Building on the Foundation programme Active YOU Bronze offers you all of the above PLUS:

- ♥ A monthly group session (Max 1:4) with a member of the Healthy Lifestyles Team, providing you with additional physical activity opportunities and friendly group support
- ♥ Dietary advice and motivational support

Active YOU Silver

This programme gives you the full Bronze package PLUS personalised physiological profile assessments with detailed reports. It includes:

- ♥ An initial comprehensive lifestyle assessment and fitness test using Optima-life technology, and providing you with a detailed personalised report on how your body is coping with life
- ♥ Further assessments and Optima-life health reports at 6 and 12 month intervals
- ♥ Fortnightly group physical activity sessions with a member of the Healthy Lifestyles Team PLUS
- ♥ FREE Off-peak Profiles Health Club membership at Luton Regional Sports Centre

Active YOU Gold

The ultimate programme to monitor your health and fitness and provide you with all the tools for creating a brand new YOU. Take the Silver programme and add:

- ♥ Further assessments and Optima-life reports provided at 3 and 9 months (in addition to 6 and 12 months)
- ♥ 12 months FREE Profiles Health Club full membership at Luton Regional Sports Centre giving you access to state of the art fitness equipment.
- ♥ Fortnightly physical activity sessions with YOUR own personal trainer



Leading the way in health, fitness and lifestyle improvement

Active Luton is a charitable trust operating a wide range of sports facilities across Luton including swimming pools, sports centres, an athletics track and a golf centre, together with two purpose built state of the art Profiles Health and Fitness Clubs. As an organisation we are committed to providing opportunities to improve the health and well-being of our community.

Sign up today to the **Active You** support programme and benefit from a full year of advice, guidance and support from our **Healthy Lifestyles Team**.

Call the **Healthy Lifestyles Team** at **Active Luton** on **01582 400272** or email info@activeluton.co.uk



To find out more about the work of Active Luton please visit our website www.activeluton.co.uk, telephone us on 01582 400272 or email info@activeluton.co.uk