Active Forth Physical Activity Referral & Step Forth Walking Programme
Physical Activity Journey
We encourage you to become more physically active and our Active Forth subsidised membership offers you a great opportunity to start. Physical activity programmes are designed by our experienced and qualified referral instructors.

Active Forth

1st phone Consultation (Free)

2nd appointment where a physical activity programme is devised in our gym and you begin your membership

Programme reviews

Groups (Supervised sessions)

12 week review where we feedback your progress to your health professional

24 week review where we celebrate your completion of the programme and discuss how you continue your journey with us.

Condition Dependant you may continue longer term after 24 weeks.

Referral Conditions

Arthritis  Cancer Rehabilitation
Chronic Back Pain  Chronic Fatigue
Syndrome/ ME  Pre- diabetes
Diabetes (I)  Diabetes (II)  Epilepsy
Falls Prevention  Fibromyalgia
Heart Problems  Hypertension(3+)
Injury/Post rehab surgery
Mental Health  Multiple Sclerosis
Parkinson’s  Osteopenia
Osteoporosis  Serious
respiratory disorder
Stroke

Active Forth has been making people more physically active with over 15 years’ experience

We provide personalised physical activity programmes from the age of 12 to over 90 who are diagnosed with medical conditions (see heart on next page) or have had post-surgery/injuries. Our aim is to make you healthier, fitter and improve your standard of living. The programme has been designed to allow a variety of medical professionals to refer to us. You can pick up a referral form from our clubs or from your health professional.

Our monthly membership or pay as you go gives access to all of our clubs. We look forward to starting you on this journey to better health.

Shapemaster Hub
We have created a Shapemaster Hub at our Mariner Centre. There are 12 equipment stations offering power assisted exercises. Shapemaster equipment provides safe exercise to all the major muscle groups, helps re-train muscle patterns and stimulate muscles for improved circulation. This type of exercise is ideal for older adults and those living with long term medical conditions. There are no weight stacks to control, just safe and effective power assisted technology.
Step Forth Walking Programme

Step Forth is our award winning volunteer led free walking programme. Walks take place all around Falkirk and are suitable for all ages and abilities.

Health Walks
A sociable, friendly and supportive walk. Walks last less than 1 hour and our walk leaders go at a pace which is suitable for you.

Helix Walks
The Heart of The Helix and Helix Connect allow you to explore the beautiful parkland and paths.

Nordic Walking
Nordic Walking is a full body exercise which is easy on the joints, using specially designed poles to strengthen and tone your whole body. Courses run twice a year at a cost of £21. For more info contact our Step Forth Coordinator.

Buggy Walks
Our Buggy Walks bring new parents together to share their stories, experiences and concerns in a safe, friendly and welcoming environment.

Volunteering
We are always looking for volunteers to help with our walking projects. We provide training and support. Please contact us if you are interested in volunteering for any of our walks.

To see our walks please visit our website: www.falkirkcommunitytrust.org/fit-and-active/step-forth/

Contact us
Step Forth email: stepforth@falkirkcommunitytrust.org
“People have told me I am looking so well which is due to my gym programme & classes.”

Active Forth Class Descriptions

Active Forth Circuits
This low impact class will work your whole body to improve your health and fitness levels. The class finishes with a cool down and stretches to relax your body.

Back Into Motion
A combination of back and core strengthening and flexibility exercises to help reduce pain and tightness.

Strength and Balance
These classes will build up strength and improve balance in order to improve walking and help prevent falls.

Aquagym
Aquagym is a water based workout using hand floats with water resistance as the main force.

Contact us
Web: www.falkirkcommunitytrust.org/fit-and-active/
Active Forth email: activeforth@falkirkcommunitytrust.org
Search for Falkirk Fitness

BO'NESS RECREATION CENTRE
Tel. 01506 778506

GRANGEMOUTH SPORTS COMPLEX
Tel. 01324 504568

MARINER CENTRE
Tel. 01324 503753

STENHOUSEMUIR HEALTH & FITNESS
Tel. 01324 503300