



Active Forth Physical Activity Referral & Step Forth Walking Programme





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.

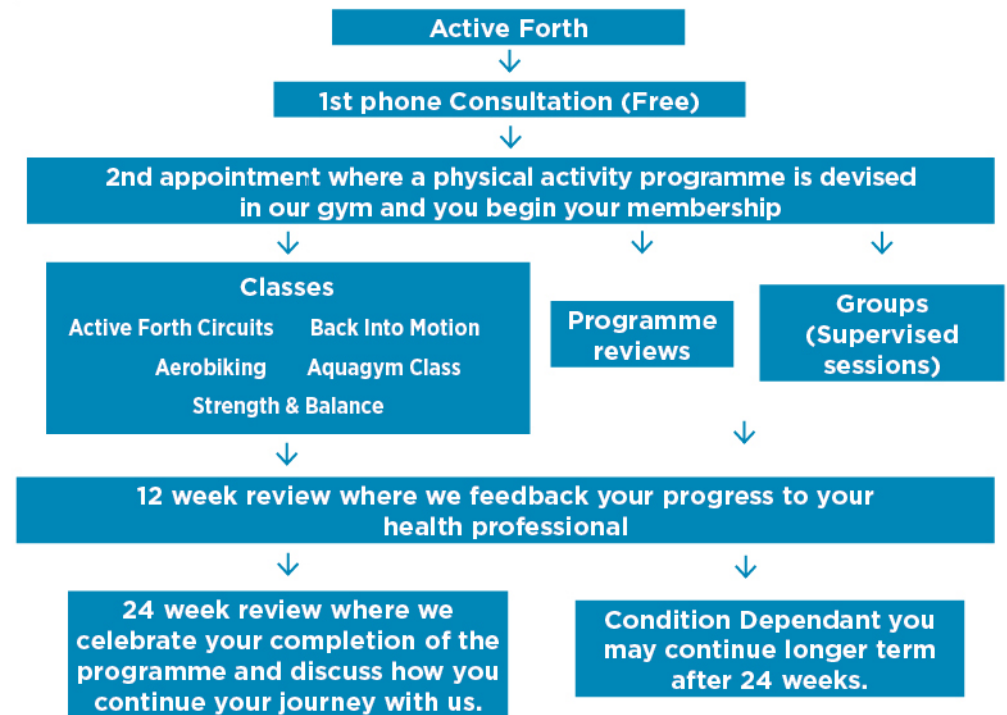
Our monthly membership or pay as you go gives access to all of our clubs. We look forward to starting you on this journey to better health.

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.

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.



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



"The biggest benefit has been access to so many local walks and routes I never knew existed."

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



"The instructors are all very friendly and at the same time very professional."



"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
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