

ISCA – Moving Age

South Lanarkshire Leisure and Culture is proud to be an affiliated member of the International Sport and Culture Association (ISCA) and excited to be part of the newly established Moving Age Network. Moving Age is a European-wide network of professionals who are focused on sharing learning and good practice of programmes and initiatives specifically for health enhancing physical activity for older adults.



Seniors Together - Forward@50

The Seniors Together – Forward@50 task group develops activities and opportunities for retired older people in South Lanarkshire and encourages them to 'get out, get active and get involved'.

The group are keen to encourage older people to have as positive a retirement as possible. They believe that getting people active and involved in the early retirement years will also help to keep them active into their later years, increasing their quality of life, improving mental health and wellbeing in later life and reducing loneliness and isolation.

For further information contact the Seniors Together Office on: 01698 454105 or visit www.forward-at-50.org.uk



To find out more about any of these sessions or to become an Activage member, simply contact your local SLLC leisure centre today, visit www.slleisureandculture.co.uk or call SLLC HQ on 01698 476262.

Chris Murray, Programme Development Officer: 01698 454105 or email chris.murray@southlanarkshireleisure.co.uk

SLLC: 1276

Activage



Information leaflet

If you are aged 60 or over and live in South Lanarkshire, you can use our indoor leisure facilities for only **£54.60 for a full year** with an **Activage card**. This includes unlimited access to swimming, fitness classes, gym use and much more!



SOUTH LANARKSHIRE
Leisure & Culture

www.slleisureandculture.co.uk

South Lanarkshire Leisure and Culture Ltd is a recognised Scottish Charity, No. SC032549

Health enhancing physical activity for older adults

We all know that being physically active is good for our mind and body but over and above the physical benefits, it is a great way to get us out the house, into the community, socialising with others and generally making the most of life.



Did you know...?

- Older adults should aim to accumulate 150 minutes of moderate physical activity throughout the week. This can be made up of 15 x 10 minute bouts of activity such as walking, gardening, swimming etc.
- If due to poor mobility or other health conditions people cannot achieve the recommended amounts, they should aim to still be as physically active as their abilities allow.

Being physically active on a regular basis can...

- Lower the risk of developing a large number of chronic diseases, such as heart disease, some cancers, stroke, diabetes and obesity.
- Help manage and reduce the progression of many of these conditions including back/chronic pain, osteoporosis and mental ill-health.
- Aid balance and muscle strength to reduce the risk of falls.
- Be fun and sociable, improving confidence and overall quality of life!



Activage membership and activities

South Lanarkshire Leisure and Culture (SLLC) strives to provide opportunities to enrich people's lives, regardless of age, physical ability or fitness levels.

Activage is a membership specifically for South Lanarkshire residents who are aged 60+. The £54.60 annual fee allows members access to all of our mainstream leisure services (gym, fitness classes, swimming etc.). However, in addition there are a number of bespoke services and classes which are specifically for older adults:



- 'Active Days' is an exciting and inclusive morning session allowing people to try a variety of different sports, activities and services within the centre, with a chance of a cup of tea/coffee and chat as well.

'Active Days' sessions are:

- Monday - John Wright Sports Centre
 - Tuesday - Alistair McCoist Complex*
Blantyre Leisure Centre
 - Wednesday - Larkhall Leisure Centre
 - Thursday - Jock Stein Sports Centre
 - Friday - Carluke Leisure Centre
 - Saturday - Uddingston Sports Centre*
- (*Volunteer lead session)

- Club Circuit and Club Movers classes - fun and friendly circuit-based fitness classes which are led by a qualified health and fitness professional with the knowledge and experience to adapt levels and exercises to suit your needs. These classes are run in partnership with NHS Lanarkshire.

All this for around a £1 per week!

To find out more about any of these sessions or to take out your Activage membership, simply contact your local SLLC leisure centre today or call SLLC HQ on 01698 476262.



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