

# Active for Health

## November 2024 feedback



### What made you start the course?

- I was overweight and not fit
- Lacking in energy and motivation to exercise plus large weight gain due to medication change
- To improve my overall fitness and to lower my weight by developing muscle mass that in turn will burn more calories. To familiarise myself with the correct use of the equipment in the gym. To trial various classes so that when the effects of my stroke have been reduced I can attend in confidence and take advantage of the benefits of selected classes. I was first referred to the programme by a specialist Doctor at Cathedral Medical Centre who was very enthusiastic about the benefits
- To get fitter, Meet new people, Learn new exercises
- I was referred by the health & wellbeing clinic, Staploe Medical Centre, Soham
- Negative body image and getting nowhere with fad diets
- A friend shared it on Facebook and I thought it would really help me as I sit at work all day. I was gaining weight and couldn't climb stairs without getting out of breath



### A positive memory or experience from participating in the course

- This course made me go outside my comfort zone which is good
- Going out of the house at a weekend and once early morning to go swimming-and enjoying it!
- Enjoying the group success when completing different classes, also gaining the positivity when attending various classes that I had never been involved with before The Active for health programme. Taking on board the congratulations and positive acknowledgement from the group members
- Laughing with everyone every week
- BoxFit & Circuits were particularly enjoyable
- The group of us all laughing during the rebounding session making animal noises along with the exercises which made it more fun!
- I really had fun playing pickleball and walking netball. Great fun with a great group of new friends



# What longer term impacts will you take away from participating in the course?



- This course was really good because it's made me aware of just how unfit I am. I want to change that
- Remembering how good it feels to exercise. Also being encouraged by seeing some who have mobility issues pushing themselves to exercise, reminds me not to be lazy
- Better nutrition and I'm moving every day right now
- Towards the end of my class participation I have taken on a personal trainer with the aims of developing and improving my balance and strengthening the limbs that were affected by the stroke. From our initial documentation and discussion I feel more confident looking at diet and food groups with a view to making positive informed decisions
- Try new things and don't be frightened to go to the gym
- Exercises on a regular basis is beneficial to a healthy lifestyle
- To always try an exercise even if I think I won't like it, it may surprise me!
- How just walking can help me so much



Well worth doing. It makes you stop and think

If I hadn't had this to go to I would have done no exercise at all.

Great atmosphere, great people, have fun

Great instructors that tailored exercises to one's ability and capability

Loved every session!

I laughed a lot

I've met some new friends and have been able to try new things I'd never done before

It's totally changed my view on exercise and nutrition

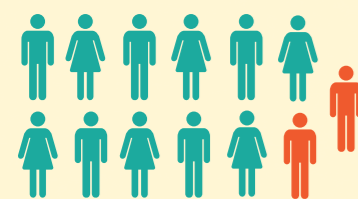
Lifechanging!

# What has been most important for you? (MYCaW)

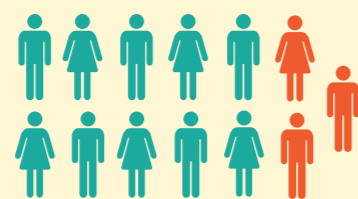
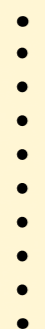


- Positive environment to exercise with fun. I'm more mindful of my health and I'm learning new ideas around food and exercise
- The accountability to make it to class.
- The encouragement to keep going
- Lost weight, feeling better
- Learning new things/exercises that I didn't think I can do and enjoyed them. I laughed a lot in these last 12 weeks
- I feel fitter and healthier
- Improving fitness, wellbeing, meeting new people
- Pushing me out of my comfort zone, mentally feeling more positive
- Health, wellbeing and positive focuses
- Trying the gym and finding I'm really enjoying it

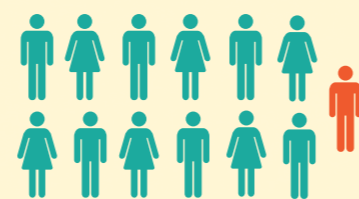
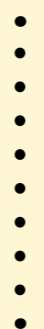
## Measure Yourself Concerns and Wellbeing (MYCaW)



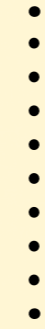
11 out of 13 participants demonstrated more positive MYCaW scores for both issues



10 out of 13 showed significant improvements of 2 points or more



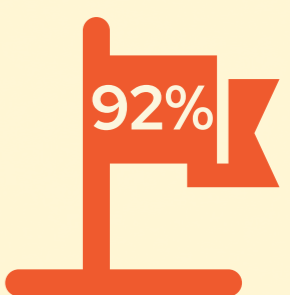
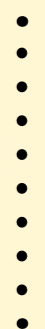
12 out of 13 attended 75% or more sessions



85% of responses demonstrated a more positive wellbeing score



92% of all 13 participants more active as a result of the course



92% were able to walk further in the end of course test