

## New FREE Wellbeing Courses starting in January 2023

### Active for Life:

**Group exercise for beginners and inactive adults looking to increase the amount of exercise they are doing.**

The Beginners Cardio and Strength courses start the week commencing 9<sup>th</sup> January 2023:

- Monday 9:30-10.15am – Bracklesham Barn
- Monday 5:30-6:15pm – Petworth, Hampers Green Community Centre
- Tuesday 5:45-6:30pm – Training Studio, Midhurst
- Wednesday 11-11:45am – Masonic Hall, Chichester
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Eligibility:

- Resident of Chichester or Surrounding Villages
- Currently do less than 150minutes exercise / activity a week
- Aimed at inactive adults looking to increase their activity level and confidence
- Can attend the majority of the 12 weeks

**Clients wishing to register for the course must do so by filling out this form:**

<https://forms.office.com/r/GG5h64yuRA>

### Walking with Poles:

**Inactive adults looking to increase their activity level through walking with poles. Led by a qualified instructor.**

The courses start the week commencing 9<sup>th</sup> January 2023:

- Tuesday 10-10:45am – Chichester
- Wednesday 10-10:45am – Midhurst

Eligibility:

- Resident of Chichester or Surrounding Villages
- Currently do less than 150minutes exercise / activity a week
- Aimed at inactive adults looking to increase their activity level and confidence
- Can attend the majority of the 12 weeks

**Clients wishing to register for the course must do so by filling out this form:**

<https://forms.office.com/r/xzZJW0QdJN>

## Weigh Better Life Courses

**12 week weight loss course, free and open to adults with a BMI of 25-40. Virtual and face to face support, focusing on sustainable weight loss for life.**

The courses start the week commencing 9<sup>th</sup> January 2023:

- Monday 2.30-3.30pm – Bracklesham Barn
- Monday 6.30-7.15pm - Online, Microsoft Teams
- Tuesday 2-3pm – Petworth, Hampers Green Community Centre
- Tuesday 4-5pm – Midhurst, The Grange
- Wednesday 6.30-7.30pm – Chichester, Westgate
- Thursday 9.30 - 10.30am – Chichester, Westgate
- Thursday 11.45am - 12.45pm – Selsey, The Selsey Centre

Eligibility criteria:

- Adults over the age of 18
- BMI of between 25 and 40
- Be able to attend all 12 weeks of the course
- Provide height and weight to register and be weighed at the first session and last session

**Clients wishing to register for the course must do so by filling out this form:**

<https://forms.office.com/r/43NbY22MNq> On completion of the form, the client will then be contacted and booked in, by either Miranda or Megan, for a 1-1 appointment to discuss their suitability for the course.