Corby Health and Wellbeing Booklet

Activities for everyone

Take the first step to a healthier lifestyle

www.corby.gov.uk
Introduction

Welcome to the Corby Health and Wellbeing Booklet. Within this booklet there is a wide variety of programmes, initiatives and memberships that attract all members of the community.

We are pleased to introduce “Corby Health and Fitness” which brings together the Leisure memberships available at Corby East Midlands International Pool and Lodge Park Sports Centre. Offering value for money and access to a wide ranging programme of studio classes, gyms and of course the 50m pool.

This booklet aims to keep residents informed of the range of activities that can help everyone become more active and enjoy healthier lives. Physical activity can be enjoyable and help improve not only physical but mental wellbeing. We have also included information and advice on healthy eating and other health topics. Corby's physical activity range has been increasing over recent years and we want to continue this trend and ensure that Corby Borough remains active, so please read on and find out what we have to offer.

Cllr John McGhee
Lead Member for Community
West Glebe

West Glebe Pavilion offers a variety of different sport and physical activity sessions for all the family to enjoy including:

**Chair Aerobics**
Gentle chair based aerobics designed to improve mobility and flexibility.

**Exercise to Music**
A combination of high and low impact routines in a fun, informal setting.

**Health Walk and Kurling**
An easy walk around the park followed by a game of New Age Kurling.

**Tai Chi**
Slow moving exercises are performed with attention to breathing, posture and balance.

**Kickboxing**
Suitable for adults and children. Channel your aggression in a fun and friendly environment.

**SHAPE Dance**
Classes for children aged 5 years+ in dance forms such as tap, ballet and modern dance.

**Boot Camps**
A great team building experience designed to improve your fitness and metabolism.

**Zumba**
Latin inspired dance programme designed to improve your general fitness.

**Zumba Tone**
Use maraca style toning sticks to improve your fitness and muscle tone.

**Nordic Walking**
A fun aerobic outdoor workout which uses 90% of all the bodies muscles.

For further information please contact West Glebe Pavilion
01536 204217

Activity on Referral
Activity on Referral is a countywide fitness scheme which is available to join through your GP, Practice Nurse or Health Visitor. The scheme is based around a reduced rate gym membership and combined 12 week programme of physical activity.

How do I get on the scheme?
Your GP or medical practitioner will refer you if they feel your health could benefit from increasing your level of physical activity.

What does the scheme involve?
One-to-one consultation and induction - 12 weeks of planned physical activity - Advice on incorporating physical activity into your everyday life.

What activities can I participate in?
All activities will be set at a level suitable for your current capabilities.

What are the benefits of becoming more active?
Improve your health, make you feel livelier, keep your muscles and bones strong, provide you with a sense of achievement, maintain your weight within a desirable range, reduce stress.

Inclusive Fitness Initiative
Visiting a gym for the first time can be a daunting experience for many individuals, so as an IFI accredited facility we have features and adapted gym equipment that ensures everyone can have a full body workout. Our staff are trained in disability, equality and awareness to increase their knowledge and skills to support users with additional needs.

What does this mean to you?
You will see that getting active in the gym does not have to be intimidating, and can in fact be most enjoyable and rewarding.

For more information contact Lodge Park Sports Centre: 01536 400033
Sports Clubs in Corby - Why not join us!

There are over 100 different sports clubs in Corby ranging from Athletics to Scuba Diving, Football to Netball and Cheerleading to Judo. No matter what sport you want to get involved in, the benefits of joining and playing sport are endless. Here are just a few reasons to get involved and get active!

- Improve your health and physical fitness
- Help loose or maintain body weight
- Make new friends
- Build a bigger social network
- Learn to work within a team
- Improve confidence

For more information contact the Sports Development Team

01536 464047

sports.development@corby.gov.uk
Relaxation Exercises

Tai Chi and Yoga

Tai Chi is a gentle exercise class suitable for all ages and all levels of fitness. Slow moving exercises are performed with attention to breathing, posture and balance. This practice allows the mind to become still and peaceful. Students learn the art of relaxation. With time the practice leads to increased self awareness and happiness.

You've probably heard that yoga is good for you. Maybe you have even tried yoga and discovered that it makes you feel better. Like other forms of physical activity Yoga has physical and mental benefits.

Physical Benefits include flexibility, strength, muscle tone, pain prevention and better breathing.

Mental Benefits include mental calmness, stress reduction and body awareness.

For further information please telephone 01536 204217 or visit: www.corby.gov.uk

Green Gyms

There are two outdoor gyms in Parks in Corby that are free of charge to use:

Kingswood Neighbourhood Centre
Alberta Close, Corby, Northants, NN18 9HU.

Exeter Open Space
Counts Farm Road, Corby, Northants, NN18 9BH.
Woodland Walks

Hazel and Thoroughsale Woods is at the very heart of Corby, these ancient woods provide a great place to visit while linking back to the history of the Rockingham Forest.

Three attractive trails:

The Hazel Trail:
A short 30 minute (1.01km) walk which is great for a lunch break or to break up your shopping trip. (Red)

The Willow Trail:
A medium 1 hour (2.62km) walk which takes in the southern part of the woods, including the tranquil Boating Lake. (Blue)

The Oak Trail:
A long 2 hour (3.71km) walk which explores all areas of the woodland and its attractive wildflower meadows. (Green)

King’s Wood Local Nature Reserve is situated in the South West of Corby, close to Danesholme, Kingswood and Beanfield. It is a semi-natural ancient woodland site and a fantastic place for wildlife and for people to enjoy. King’s Wood is owned by Corby Borough Council and managed by The Wildlife Trust. The Wildlife Trust is a nature conservation charity that owns and manages nature reserves for the benefit of both people and wildlife.

Leaflet available to download from www.corby.gov.uk

www.wildlifebcnp.org
Classes - What suits you?

There are a wide range of classes held at West Glebe, Lodge Park Sports Centre and Corby East Midlands International pool, there is something for everyone. For full details of classes and timetables please visit www.corby.gov.uk or contact one of the centres directly.

- **Body Combat**
  an energetic program inspired by martial arts, drawing in from disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

- **Body Pump**
  this is the original barbell class that strengthens your entire body.

- **Body Balance**
  a Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

- **Body Jam**
  is the cardio workout with a fusion of the latest dance styles and the hottest sounds.

- **Body Vive**
  is a low impact whole body group fitness workout using balls, tubes and body weight to boost fitness and core strength.

- **Body Attack**
  The high energy interval training class contains athletic aerobic improvement with strength and stabilization exercises.

- **Ab Attack**
  a short, sharp workout honing in on the torso and sling muscles that connect your upper body to your lower body.

- **Zumba**
  a fusion of hypnotic Latin rhythms and easy to follow moves create this dynamic fitness program.

- **Zumba Tone**
  as above but also using maraca style toning sticks to improve your fitness and muscle tone.

- **Legs, Bums and Tums**
  a workout that targets all the three areas in one class.

- **Yoga**
  helps to develop physical and mental wellbeing through posture, poses, strengthening and relaxation based exercises. Suitable for all levels of fitness.

- **Pilates**
  can help to promote balance, flexibility and strength through working the core areas of the body.

- **Boxing for Fitness**
  based round the basics of boxing from throwing punches at another person holding the pads using different variations of combinations.

- **Step**
  an energizing step workout using height adjustable step and simple movements.

- **Kettlebell Class**
  the kettlebell is a cast iron ball with a handle attached to the top. Your whole body has to compensate to stabilise, recruiting just about every muscle group to work together.

- **Aqua Aerobics**
  mixes both cardiovascular and resistance training to give you an all over body workout.

- **Studio Cycle**
  is the indoor cycling workout where you ride to the rhythm of powerful music.

**Health Walks**

Corby offers a variety of different lead health walks in and around the Borough. Walking can help to give you more energy, reduce stress and blood pressure, keep your heart healthy, manage your weight whilst having a chat and making new friends. What could be better!

Various walks take place from Corby Boating Lake, East Carlton Park and West Glebe Pavilion on a weekly basis. www.corby.gov.uk

Also on the 1st Wednesday of every month an additional walk away from East Carlton Park is organised so the group can enjoy some different scenery and try different walking routes. Foxton Locks and Fineshade Woods are two examples. If you would like to become a volunteer walk leader please contact us on 01536 204217.

**Did you know?**

Thirty minutes of physical activity, including walking, five times a week can reduce the risk of an individual suffering from coronary heart disease by up to 50%.

**Did you know?**

Nordic Walking is arguably the fastest growing fitness activity in the world. With the use of poles, Nordic walking is a fantastic whole body workout that can significantly help burn calories without having to walk faster or exert more effort!

Please contact West Glebe Pavilion on 01536 204217 for all your walking enquiries
Stop Smoking Service

Looking for information on how to stop smoking? West Glebe Pavilion can also offer you the opportunity of FREE Stop Smoking Support either on a one to one basis or group setting.

Lodge Park Sports Centre and Corby East Midlands International Pool gym staff are currently receiving training to launch the “Stop Smoking Service” as part of their Gym induction and wellbeing programmes.

Time to Quit Smoking

You don’t have to wait long for the benefits to start once you stop, after...

• 20 minutes your blood pressure and pulse return to normal
• 8 hours nicotine and carbon monoxide levels in your blood are halved
• 24 hours carbon monoxide will be eliminated from your body and your lungs will have started to clear out the tar that’s been clogging them up
• 48 hours no nicotine left in your body. Your senses of taste and smell are greatly improved
• 72 hours your breathing becomes easier and your energy levels increase
• 2-12 weeks your circulation improves and exercise can be easier
• 3-9 months any coughs, wheezing and breathing problems improve

For further information or support to stop smoking please telephone the Stop Smoking Helpline on 0845 601 3116 or email smokefree@northants.nhs.uk
Mind, Exercise, Nutrition, Do it!

MEND is a healthy lifestyle programme for 7 to 13 year olds who are above a healthy weight. It is a 10 week programme with 2 sessions a week.

MEND 7-13 is a family programme, developed by experts
Parents and carers join their children in each session to learn about how to choose healthier foods and spend more time being active.

It’s run by local teams in local communities
Sessions run after school at Woodenwton – A learning Community, Rowlett Road. Up to 12 families can attend at once.

MEND 7-13 is totally FREE. Families don’t pay a penny
All running costs are paid for by local authorities, grant organisations and corporate sponsors.

It offers a friendly, safe and non-judgmental environment
Each week, everyone attends an interactive hour-long workshop as a group. Children spend the second hour doing physical activity while the adults discuss specific topics in more detail together.

For further information please contact:
Mend Programme Manager
Tel: 07922 775721
www.mendprogramme.org
SHAPE DANCE

Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits and include:

Flexibility
Flexibility is an important part of being healthy, the greater the range of motion the more muscles can flex and extend.

Strength
Dancing builds strength by forcing the muscles to resist against a dancers own body weight.

Endurance
Dance is physical exercise and increases endurance. Endurance is the ability of muscles to work hard for increasingly longer periods of time without fatigue. Elating the heart rate can increase stamina.

Sense of Wellbeing
Dancing is a social activity, studies have shown that socialising with friends contributes to high self esteem and a positive outlook. Dancing provides many opportunities to meet other people.

SHAPE Dance offers classes for children aged 5 years+ and adults in a variety of facilities across the borough. Classes are held in tap, ballet and modern dance, all dancers have the opportunity of performing in at least two shows a year at Brooke Weston College and the Core Theatre in the Cube.

Classes are held at Beanfield Community Centre, Stephenson Way Community Centre, Kingswood Neighbourhood Centre, West Glebe Pavilion and Lodge Park Sports Centre.

For further information please contact Culture and Leisure on 01536 464042
Cycling and Walking in Northamptonshire

Northamptonshire County Council are committed to encouraging more people in the county to use walking and cycling instead of using a car.

Why should you cycle or walk?

There are many benefits of cycling and walking for both individuals and the wider community, in terms of health and wellbeing, financial savings and the environment.

Health benefits

- People who cycle or walk regularly suffer less from ill-health and illnesses such as heart disease, strokes, diabetes, obesity and stress.

- Mental health and sense of wellbeing are also improved through regular exercise. For example, cycling home after a stressful day at work can help you relax more easily than sitting in heavy traffic in your car.

For further information on planning your journey by bicycle or on foot visit the Walking and Cycling pages of the Northamptonshire County Council website [www.northamptonshire.gov.uk](http://www.northamptonshire.gov.uk).

Cycle route maps are available in PDF version on the website or in hard copies on request – Telephone 0300 126 1000 (Customer Service Centre).

Cycle route maps include: Northampton, Norbitol (Northampton), Wellingborough and Kettering. Maps for Corby and Daventry are currently in production.
Top ten tips for a healthy lifestyle

1. Base your meals on starchy foods: Breads, pastas, rice, potatoes – Try to choose wholegrain varieties where possible
2. Eat lots of fruit and veg: Remember your 5-A-DAY
3. Eat more fish: Aim for at least two portions of fish a week including one portion of oily fish
4. Cut down on saturated fat and sugar: Try vegetable oil instead and use reduced-fat spread instead of butter. With meat, choose lean cuts where possible and cut down on sugary drinks and foods
5. Try to eat less salt: No more than 6g a day
6. Get active and try to be a healthy weight: 5 x 30 mins per day – Re-Active will help you to achieve this!
7. Drink plenty of water: 6-8 glasses or 1.2 litres a day of water or other fluids to help prevent dehydration
8. Don’t skip breakfast: It gives you the energy you need for the day ahead
9. Eat a wide variety of food – to help you achieve a good balance. Use the eatwell plate to help you achieve a good balance
10. Be aware of your alcohol intake: The current recommendations are; men can drink up to 3-4 units of alcohol per day and women can drink up to 2-3 units of alcohol per day without significant risk to their health

For further information
www.nhs.uk/change4life
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For further information
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Alcohol

The NHS recommends:

- Men should not regularly drink more than 3-4 units a day.
- Women should not regularly drink more than 2-3 units a day.

'Regularly' means drinking these amounts every day or most days of the week. Regularly drinking above recommended daily limits risks damaging your health.

There's no guaranteed safe level of drinking, but if you drink below recommended daily limits, the risks of harming your health are low and it's certainly not only people who get drunk or binge drink who are at risk. Most people who regularly drink more than the NHS recommends don't see any harmful effects at first.

Drinking and Alcohol
http://www.nhs.uk/LiveWell/Alcohol/Pages/Alcoholhome.aspx

Alcohol Unit Calculator
http://www.nhs.uk/Livewell/alcohol/Pages/Effectsofalcohol.aspx

Alcohol and Addiction
CAN, 43 High Street, Corby, Northamptonshire, NN17 1UU
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Health benefits

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FAST PASS

Free Access to Sporting Talent

The FAST pass scheme provides free usage of the Council facilities, Lodge Park Sports Centre and the East Midlands International Swimming Pool, to National Standard and above athletes in the Corby Borough for their training needs.

The eligibility for being permitted a FAST pass is:

- You were born, live, work or attend school in the Borough.
- Are a member of a national team or squad (e.g. Great Britain, England, Wales, Scotland etc)
- Your sport must also be recognised by Sport England, National Governing Sport bodies

Simon Barclay

Simon Barclay is one of the many top performing athletes in Corby with a FAST pass, he is an amateur boxer who represents Corby Amateur Boxing Club at Elite ABAE Heavyweight Division and reached the semi-finals of the heavyweight division in 2011. Simon is a former 2010 ABAE Cruiserweight Champion.

For further information please contact:
Senior Sports Development Officer
Tel: 01536 464212
Lodge Park Sports Centre

There are plenty of different activities for everyone and every age at Corby’s family friendly and community focused sports centre!!

Facilities include a sports hall, coaching hall, full size 3G sports pitch, 6 tennis courts, 40 station gym, vibro gyms, body core machines, functional fitness area and 3 class specific studios. To compliment these we have a fully equipped crèche and playgroup area with light sensory room, community room and individual spaces to suit all groups for hire.

Activities on offer include full play and pay access to all facilities, Gym and Studios activities include Body Pump, Body Balance, Body Combat, Body Vive, Body Attack classes, Pilates, Active Ages, Step, Bums and Tums, Triple Decker, Spin, Zumba and so much more. Look out for our studio timetable which changes every 3 months.

We offer personal training opportunities alongside instructor led VibroGym and body core sessions. As part of our continued focus on health we also offer Activity on Referral Scheme, Cardiac Rehabilitation Classes and Teen fit sessions.

It’s back bigger and better and continuing for 2012 and the future, we have teamed up with Sports Development to offer a full range of fun activities, arts / crafts and sports sessions for young people every school holiday!!!

So don’t delay and come and visit us today!!

Look out for the ‘Fun Activities for Under 5’s booklet’

Full details and prices are available via
www.corby.gov.uk/lodgepark

01536 400033
Corby East Midlands International Pool

A wide range of facilities are available from swimming to health and fitness. There is a 50m 8 lane main pool, 20m 4 lane learner pool, fun pool with pirate ship, 63m aqua tube body ride, diving boards, crèche, 70 station gym, studio classes and a health suite with sauna, steam and spa pool.

The pool programme offers; 50+ swimming sessions, shallow water and deep water workouts, ladies only, parent and toddler sessions plus lots more.

Swimming is an excellent way to improve your health and wellbeing. Being in the water can have great psychological benefits as it can ‘take you away from it all’ and the feeling of being in water can be refreshing, relaxing and liberating as the water takes your weight. Swimming is accessible to everyone regardless of age, ability, disability, size and shape.

Swimming is great for your heart and lungs and puts very little stress on your muscles, joints and bones.

With a few sessions of swimming a week you could reduce your blood pressure, strengthen your stomach and back and burn off as many as 600 calories an hour.

You will be having so much fun you won’t notice your working out too!

* 50m pool only available at certain times please view timetable via website.

Look out for the ‘Fun Activities for Under 5’s booklet’
Stop Smoking Service

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Leisure Membership Scheme

OPTION 1

• 2 Gyms (Pool and Lodge Park Sports Centre)
• All Studio Classes (85+ a week)
• Public Swimming
• Spa / Sauna / Steam
• A free 1-1 gym programme on joining the gym
• Regular free reviews and programme updates
• Fitness advice
• Your own dedicated Gym Instructor
• One Year Loyalty Card Membership

OPTION 2

• Swimming Only

OPTION 3

• Swimming and Aqua Classes

For further information contact Lodge Park Sports Centre

Tel: 01536 400033

or Corby East Midlands International Pool

Tel: 01536 464643
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Leaflet available to download from www.corby.gov.uk  www.wildlifebcnp.org

Indoor Activity

Weight Management

Corby Borough Council is inviting you to join our slimming challenges throughout the year. Slimming Challenge is a 12 week course to help you lose weight safely, sensibly and for good. Through leading a healthier life, eating more healthily and being more active, participants aim to lose between 5 and 10% of their body weight.

Times vary for different courses, and we can offer additional service for small private groups.

There will be prizes available for those with the biggest weight loss percentages, and will look at effective ways to lose weight and keep it off!

There is one month’s free membership for those who complete the 12 week course, and free taster sessions and exercise classes included

VibroGym

Corby Borough Council is bringing back those good vibrations with the ever popular VibroGym so if it’s your time to get fit, here’s what to do!

The VibroGym is the ‘one stop shop’ of exercise equipment, that enables you to complete a quick and easy full body workout in just 20 minutes. No matter what your age, ability or medical condition, the VibroGym caters for all. The VibroGym can massage, strengthen and increase flexibility with your muscles.

A 20 minute session lead by a personal instructor who will ensure to take you through a workout with the VibroGym which will cater to your exercise needs.

Sessions are held at Lodge Park Sports Centre and are open to all abilities who are over the age of 16.

For more information please contact Lodge Park Sports Centre on 01536 400033

50% DISCOUNT for Direct Debit Members
Tai Chi and Yoga

Tai Chi is a gentle exercise class suitable for all ages and all levels of fitness. Slow moving exercises are performed with attention to breathing, posture and balance. This practice allows the mind to become still and peaceful. Students learn the art of relaxation. With time the practice leads to increased self-awareness and happiness.

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- Exeter Open Space
  Counts Farm Road, Corby, Northants, NN18 9BH.

BodyCore Functional Training Platforms

BodyCore is the next generation of Vibration Training and the choice of people who take training seriously. Launched in the UK in 2009, they have been a success with professional sports teams, commercial health club chains and medical facilities.

- Pure vertical movement to give the most effective transfer of energy
- Low frequency to minimise the exposure to potentially dangerous G force levels
- Functional design with no control bar to prevent dynamic functional movements!

All BodyCore products have been carefully selected to:

- Bring about an evolution in the way people train
- Appeal to the full spectrum of end users, from elite athletes to the newly active
- Provide a fresh new approach to make working out fun and engaging
- Drive results for members by focusing on functional movement
- Add value to the business through improved retention levels, additional personal training revenue, renewed energy on the gym floor and a broadened appeal to new market segments

Visit the video on YouTube
www.youtube.com/dynamicactivity2011

For further information please telephone
Lodge Park Sports Centre
01536 400033
Corby Borough Council Gyms

We have 112 equipment stations with air conditioning and TV theatre/cardio theatre between Lodge Park Sports Centre and Corby East Midlands International Pool.

It is important to make sure your routine includes aerobic fitness, muscular fitness, stretching, core exercise and balance training. Whether you’re a novice taking the first steps toward fitness or an exercise fanatic hoping to optimize your results, a well-rounded fitness training program is essential. We have trained level 3 instructors on hand to ensure you are able to have an effective workout that will ensure you can reach your exercise goals.

Crèche facilities are available for children aged 3 months - 5 years.

Pool Crèche Opening Times, Monday - Friday 9.30am - 11.25am.
Monday / Wednesday / Friday - 12.30pm - 2.25pm.

Lodge Park Crèche Opening Times, Monday / Wednesday / Friday 9.30am - 11.25am.

Functional Fitness

Functional fitness is exercise that works the body as a unit in a functional way to help with day to day activities.

Functional fitness has clear application to real life tasks - putting something on a high shelf, or passing up a heavy box to a friend in the loft. In the real world objects can be any shape or size so we vary the type of object we press overhead in our training too - a barbell, a dumbbell, and other odd shaped objects. This helps us to prepare for life’s varied eventualities.

Lodge Park Sports Centre now has its very own functional area that will allow you to develop your fitness for day to day life, with equipment such as Kettlebells and Power bags.

Please contact Lodge Park Sports Centre on 01536 400033 for more information
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Exercise to Music
A combination of high and low impact routines in a fun, informal setting.

Health Walk and Kurling
An easy walk around the park followed by a game of New Age Kurling.

Tai Chi
Slow moving exercises are performed with attention to breathing, posture and balance.

Kickboxing
Suitable for adults and children. Channel your aggression in a fun and friendly environment.

SHAPE Dance
Classes for children aged 5 years+ in dance forms such as tap, ballet and modern dance.

Boot Camps
A great team building experience designed to improve your fitness and metabolism.

Zumba
Latin inspired dance programme designed to improve your general fitness.

Zumba Tone
Use maraca style toning sticks to improve your fitness and muscle tone.

Nordic Walking
A fun aerobic outdoor workout which uses 90% of all the bodies muscles.

For further information please contact West Glebe Pavilion
01536 204217

Activity on Referral

Activity on Referral is a countywide fitness scheme which is available to join through your GP, Practice Nurse or Health Visitor. The scheme is based around a reduced rate gym membership and combined 12 week programme of physical activity.

How do I get on the scheme?
Your GP or medical practitioner will refer you if they feel your health could benefit from increasing your level of physical activity.

What does the scheme involve?
One-to-one consultation and induction - 12 weeks of planned physical activity - Advice on incorporating physical activity into your everyday life.

What activities can I participate in?
All activities will be set at a level suitable for your current capabilities.

What are the benefits of becoming more active?
Improve your health, make you feel livelier, keep your muscles and bones strong, provide you with a sense of achievement, maintain your weight within a desirable range, reduce stress.

Inclusive Fitness Initiative
Visiting a gym for the first time can be a daunting experience for many individuals, so as an IFI accredited facility we have features and adapted gym equipment that ensures everyone can have a full body workout. Our staff are trained in disability, equality and awareness to increase their knowledge and skills to support users with additional needs.

What does this mean to you?
You will see that getting active in the gym does not have to be intimidating, and can in fact be most enjoyable and rewarding.

For more information contact Lodge Park Sports Centre: 01536 400033
Cardiac Rehab Phase 4

Phase 4 is a gym and circuit based exercise programme run by fully qualified staff to help people with their health and fitness after a cardiac event. The sessions are tailored to the needs of all individuals and are currently offered at Lodge Park Sports always an opportunity for a social chat and drink at the end of the exercise session.

Cardiac Rehabilitation Phase 4 is a progression from the Phase 3 programme provided at Kettering General Hospital (normally offered to patients after a cardiac event such as a heart attack). Access to the Phase 4 programme at Lodge Park Sports Centre is available once completing Phase 3 at the hospital.

If you haven’t taken part in phase 3 at the hospital but would like to build your confidence to exercise you can speak to a qualified fitness instructor who can guide you.

Benefits of Cardiac Rehab

• Reassurance and guidance from qualified staff
• Increase activity levels
• Help improve your heart and lung fitness
• Meet new friends who have shared similar experience
• Increase confidence and self esteem
• Tone up and lose weight
• Improve mobility and balance

For further information contact our Fitness Manager on 01536 400033

A member of cardiac rehab said, “At cardiac rehab there is always someone else who is feeling or has experienced what you are going through. The group has helped me recover and make friends too”.

Contacts

Corby Borough Council
www.corby.gov.uk
T: 01536 464000

Corby East Midlands Int’l Pool
www.corby.gov.uk/corbypool
T: 01536 464643

West Glebe Pavilion
www.corby.gov.uk/leisure
T: 01536 464643

Lodge Park Sports Centre
www.corby.gov.uk/lodgepark
T: 01536 400033

Corby Healthcare
Commissioning Group
www.corbyhealthcare.com

Health Trainer Service
E: health.trainers@northants.nhs.uk
T: 0800 085 1988

NHS Choices
www.nhs.uk

Change4life
www.nhs.uk/change4life

5 A Day
www.5aday.nhs.uk

Alcohol Units Calculator
www.units.nhs.uk