

# Active Forth Exercise Referral & Step Forth Walking Programme



# Active Forth



Stenhousemuir Health & Fitness celebrating its 300th Active Forth Class

Active Forth has been making Falkirk healthier and happier with over 15 years' experience. We provide tailored physical activity programmes to any age group who are diagnosed with chronic conditions or have had post-surgery/injuries.

Our aim is to make our customers' healthier, fitter, more confident and improve their standard of living.

The referral scheme has been designed to allow a variety of medical professionals to refer people to us.

## Referrals include



Having been told he would never walk again Robin took his first steps with the help of Active Forth. This is his inspiring story: I was referred to Active Forth after suffering a stroke. I had no use of my left arm and I felt really down and was frustrated by lack of mobility and inability to do simple tasks. I attend the gym twice a week and attend the strength and balance class. My stamina has greatly increased as well as the strength and the grip in my left hand. I would recommend Active Forth to anyone who wishes to improve their overall health. **Robin, 72.**

## Here is what you can do

- 24 week tailored gym programme written by a qualified exercise specialist
- Active Forth Classes
- Strength and Balance class
- Back Into Motion (Back rehabilitation)
- Otago Class (Falls Prevention)
- Aqua classes
- Hydrotherapy pool
- Swimming Access

## Active Minds

The physical activity referral scheme for people with mental health problems, including low mood, anxiety and depression. Our referral consultants aim to introduce individuals to regular physical activity to accompany or act as an alternative form of treatment.



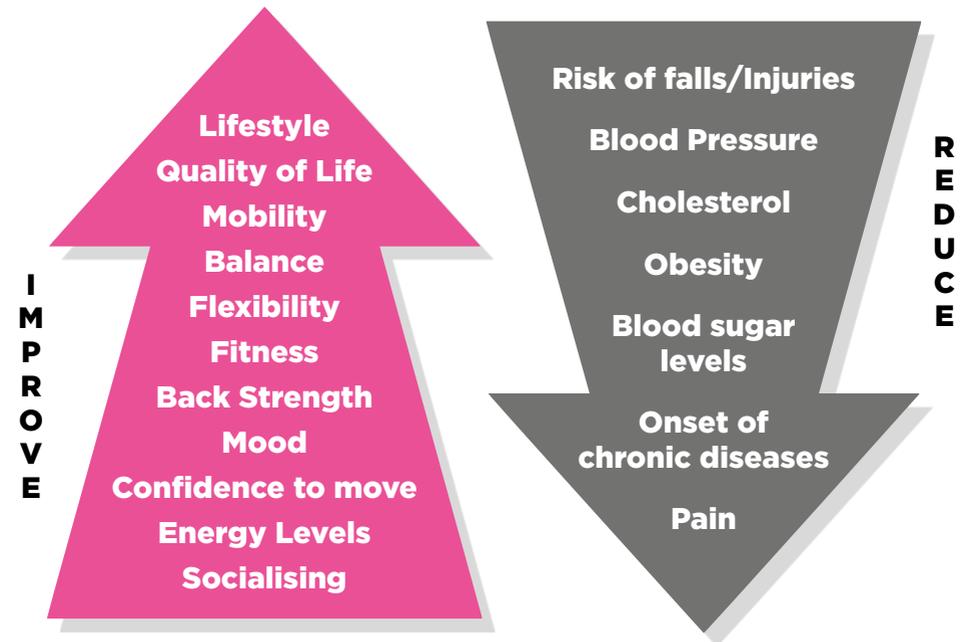
Before I started active forth, I suffered from knee dislocations, constant pain and found it difficult to walk. Through Active Forth

I learned how to strengthen the muscles in my legs to prevent any more injuries and progressed onto more complicated movements.

I have developed a greater understanding of my own body, gained strength and confidence and have begun learning to do Olympic weightlifting. The Active Forth team have been fantastic and have helped me recover far better than I had ever expected.

**Sam, 19**

## How will the scheme help me ?





# Step Forth

## Walk your way to better health



Step Forth is our award winning volunteer led free walking programme designed to improve your physical activity levels through walking. Walks take place all around Falkirk, from Bo'ness to Denny and the Braes to Carronshore and are suitable for all ages and abilities. Step Forth started in 2003 and has expanded massively and holds hundreds of walks every year.

Step Forth has won multiple awards such as the Health Alliance Award for its Buggy Walking group and

Otago programme. Our own Step Forth Coordinator has won the Paths for All Manager of the Year. This dedication by the team has made Step Forth an invaluable free service to the people of Falkirk.



These walks are accurate at the date of print. Please check our website for the most current walks. [www.falkirkcommunitytrust.org/fitness/step-forth/](http://www.falkirkcommunitytrust.org/fitness/step-forth/)

### How to get started

You can pick up a referral form from our clubs or from your health professional. We are based at Grangemouth Sports Complex, Mariner Centre, Bo'ness Recreation Centre and Stenhousemuir Health & Fitness.

We will contact you for your free initial consultation at one of our clubs, where we will go over your referral form and how the programme works.

### What is involved?

- Initial Consultation (Free)
- Second Appointment where a physical activity programme is devised.
- 4 and 8 week reviews
- 12 week feedback session where results are sent back to Medical Professional
- Follow-up session at 24 weeks

Our monthly membership or pay as you go is available to all referred individuals and gives access to all of our facilities. Your Active Forth Instructor will guide you on what to start with and how to progress through the programme to get the best results. We look forward to starting with you on this journey to better health.



Active Forth has given me the confidence to exercise again and has improved my health. I manage my pain better and feel great after classes.  
**Maggie (Multiple Sclerosis), 66.**

### Contact us...

Full contact details on back page.

DAY	TIME	LOCATION	COST
Monday	10:00	Health Walk, Falkirk Stadium	F R E E
	10:00	Grangemouth Community Education Unit	
	10:30	Kinneil Museum Bo'ness	
	12:30	Buggy Walk, Polmont, behind church hall	
	13:15	Buggy Walk, Falkirk Stadium	
	18:45	Health Walk, Bonnybridge Community Education Unit	
	19:00	Heart of the Helix, Falkirk Stadium	
Tuesday	10:00	Carronshore Community Centre	F R E E
	14:00	Kinneil Museum Bo'ness	
Wednesday	10:00	Grangemouth Community Education Unit + Otago Class (Falls prevention)	F R E E
	10:30	Carriden History Walk, Carriden Church, Bo'ness	
	19:00	Helix Connect, Falkirk Stadium	
Thursday	10:00	Tesco Redding Car Park at Recycling Area	F R E E
	10:30	Kinneil Museum Bo'ness	
	13:15	Buggy Walk, Larbert Library	
Friday	13:15	Buggy Walk, Bonnybridge health centre	F R E E
Saturday	10:00	Carronshore Community Centre	F R E E



Carronshore Walk



Nordic Walking



Buggy Walks



Heart of the Helix Walk

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

“We’ve met people who will be friends for life - for me and my baby”.

## Step Forth Walks in Falkirk

We have walks in Grangemouth, Bo’ness, Brightons, Carronshore and the Helix.

## Health Walks

Designed to provide a sociable, friendly and supportive environment. Walks last less than 1 hour and our walk leaders will make sure they go at a pace which is suitable for your ability. These walks are good for a first timer and are suitable for all abilities. A must if you are looking for a fun and sociable walk!

## Helix Walks

The Helix pathways provide the perfect environment for our walks. We have a health walk which is split into 3 paces: a slower pace, medium pace and a brisk walk. The Heart of The Helix and Helix Connect allow you to explore the beautiful parkland and paths with our knowledgeable, trained walk leaders. Walkers should be able to walk unaided. A must for all Helix fans!

## 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. It is suitable for all ages and fitness levels. Courses run twice a year at a cost of £20. For more info see the Falkirk Community Trust website or contact our Step Forth Coordinator.

## Buggy Walks

If you are a new parent or grandparent why not come along to one of our popular Buggy Walking groups around the Falkirk Council area. Walks are led by trained volunteers and give you an opportunity to chat to other new parents.

Our Buggy Walks started in September 2009 with a weekly walk in Bonnybridge. It was developed by the Health Visitor team and Step Forth, as a way to 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 for our health walks and projects. Please contact us if you are interested in helping out.



Volunteering

“The walk leader (Margery) is excellent and always considers the various abilities of the group.”



Walks

## How to get started:

**Contact:**  
**Barbara McConnell:**  
Step Forth Development Officer  
Tel. 01324 504556  
E: [stepforth@falkirkcommunitytrust.org](mailto:stepforth@falkirkcommunitytrust.org)



## Active Forth Class Description

### Active Forth Circuits

You will begin with a standing or seated low impact warm up followed by a circuit style workout where you will perform an exercise at each station. This class will work your whole body to increase your strength and fitness levels. The class finishes with a cool down with some stretches and Tai Chi to relax your body.

### Back Into Motion

If you are experiencing lower back pain or are looking to improve your core strength and flexibility then this class is for you! The class will start with a low impact warm up followed by a circuit based workout and mat work where you will perform back strengthening and flexibility exercises to help reduce pain and tightness.

### Strength and Balance

This class is based on OTAGO movements that are designed to help build up strength and improve balance in order to help prevent falls. You will be seated for part of the class and use various types of equipment to perform strength building exercises.

### Step Forth Otago

You will perform OTAGO exercises which are designed to help build up strength and improve balance in order to help prevent falls. You will be seated for most of the class and use optional ankle weights to perform strength and balance building exercises

### Aquagym Class

Aquagym is a water based workout using hand floats with water resistance as the main force. This is a non impact class for those that would benefit from low level activity and helps assist movement for conditions such as MS, back pain, knee/hip/shoulder pain and arthritis.

## Contact Active Forth

**W:** [www.falkirkcommunitytrust.org/fitness](http://www.falkirkcommunitytrust.org/fitness) | **E:** [activeforth@falkirkcommunitytrust.org](mailto:activeforth@falkirkcommunitytrust.org)

 Search Falkirk Fitness  @FCTrust

<b>BO'NESS RECREATION CENTRE</b>	<b>GRANGEMOUTH SPORTS COMPLEX</b>	<b>MARINER CENTRE</b>	<b>STENHOUSEMUIR HEALTH &amp; FITNESS</b>
Gauze Road Bo'ness, EH51 9QB Tel. 01506 778506	Abbots Road Grangemouth, FK3 8JB Tel. 01324 504568	Glasgow Road Camelon, FK1 4HJ Tel. 01324 503753	47 King Street FK5 4HD Tel 01324 503300