

ONE YOU CHESHIRE EAST

ACTIVE LIVES

DO YOU WANT TO BECOME ACTIVE?

Find fun ways to get moving. Being active is great for your health and happiness. It's never too late to start, and we are here to help you.

Our coaches will help you create a tailored exercise plan that fits your needs and ability. Ramblers Wellbeing Walks, Swimming, Exercise Classes, and more.

JOIN OUR FREE 12-WEEK PROGRAMME IN COMMUNITY VENUES, ONLINE OR AT A LEISURE FACILITY

*Eligibility criteria applies

GET IN TOUCH AT:



oneyoucheshireeast.org



0300 123 5026



OneYouCE@everybody.org.uk



**SCAN THE QR CODE
TO FIND OUT MORE**

The programme is delivered by coaches who are fully qualified in prescribing exercise, including for people with medical conditions. Providing tailored support, advice and designing and guiding you through your own personal exercise plan.

Activities include

- Group Exercise Classes
- Swimming
- Racquet Sports

And more!

Available at Poynton, Wilmslow and Knutsford Leisure Centre's.

To find out more, visit www.oneyoucheshireeast.org/active-lives/ or contact the One You Cheshire East team:

Call: [0300 123 5026](tel:03001235026)

Email: OneYouCE@everybody.org.uk