



Exciting News!!! Be Active Programme

Sure Start South Armagh is delighted to support Newry Mourne and Down District Council's "Be Active" programme.

"Be Active" is a FREE 12 week physical activity programme which is flexible to each participant's needs, times and abilities. You will receive one to one coaching, access to a range of classes and concession on gym membership in Newry Leisure Centre!

The aim of the programme is to support, encourage and provide bespoke physical activity opportunities for people who want to improve their fitness levels which in turn benefits wellbeing. By encouraging lifelong participation, it is hoped that participants will reduce the risk of developing ill health or a long-term health condition.

- Do you want to improve your physical activity levels?
- Do you want to help prevent development of ill health?
- Do you want / need to improve your mental wellbeing?
- Are you pre-diabetic or overweight?

If you have answered yes to any of the above questions get in touch by emailing lorraines@surestartsa.org for more information.

There is no waiting time to get started with sessions once you have been referred!



Current physical activity class schedule (this is subject to change)

Day	Coach	Activity	Location	Time
Monday	Michael	Gym 1 to 1	Newry LC	9.30-10.30
		Gym 1 to 1	Newry LC	11.00-12.00
	Community Coach	Gym 1 to 1	Newry LC	15.30-16.30
		Yoga	Online	20.00-20.40
Tuesday	Michael	Circuits	Online	10.00-10.40
		Couch to 2K	Online	12.00-13.00
		Gym 1 to 1	Newry LC	15.30-16.30
Wednesday	Michael	Walk + Talk	Kilkeel LC	10.00-11.00
		Gym 1 to 1	Kilkeel LC	12.00-13.00
		Gym 1 to 1	Kilkeel LC	13.30-14.30
		Gym 1 to 1	Kilkeel LC	15.00-16.00
	Community Coach	Boxercise	Online	20.00-20.40
Thursday	Michael	Gym 1 to 1	Newry LC	9.30-10.40
		Gym 1 to 1	Newry LC	11.00-12.00
		Walk + Talk	Newry LC	13.00-14.00
		Gym 1 to 1	Newry LC	15.30-16.30
	Community Coach	Family Fitness	Online	17.00-17.40
Friday	Michael	Circuits	Online	10.00-11.00
	Community Coach	Chi Me	Online	11.00-12.00
	Michael	Gym 1 to 1	Newry LC	14.00-15.00

Zoom sessions are also available regularly if you want to get a quick blast of activity in! Links for Zooms will be sent on the day to the group. Remember all you need is 2 tins of beans!

Council sessions are led by the Clanrye group / community coaches and they are free!

**** Fitness Suite – Offer**

Be Active for Health programme is free of charge, however as an added incentive to the programme you can avail of the NMD fitness suites and pool for **12 weeks for £20 (£10 concession)** subject to completion of a compulsory gym induction and health screening form.

**** Gym 1 to 1**

There are 1 to 1 gym slots also available in the gym. Booking is essential as the gym is not available continuously throughout the day due to cleaning after every session. You will have unlimited use of the gym / pool during the 12 weeks with the concession!

There has never been a better time to get more active and it is FREE.... Contact Lorraine at Sure Start today for more information – lorraines@surestartsa.org