

Thinking about getting more active?

ACTIVITYWORKS

What is it?

Activity Works is an 8 week programme which offers half price access to Angus Leisure's facilities and services.

This includes 8 weeks of access to:

- Fitness suites
- A wide range of fitness classes including Zumba and our new Aqua Zumba programme
- Health suites
- Power plates
- Swimming pools
- Football, badminton & squash

How long and how much?

£25 for 8 weeks of unlimited access

This is half of what you would normally pay. There are no obligations to this offer however if you decide to continue then Angus Leisure and Healthy Working Lives will cover 20% of the cost for a further 4 months.

Why?

The Scottish Centre for Healthy Working Lives aims to help employers, employees and its partner agencies to create a healthier and more motivated workforce. Increasing your levels of physical activity can have a range of benefits i.e.

- Improving your mental health and well-being
- Reducing stress
- Help to lose weight
- Help to maintain or increase your fitness levels
- Prevent a number of chronic diseases and other health problems
- Keep you healthy and let you live longer
- Meet new friends

How?

For registration forms email Angus Leisure and let us know how many people from your workplace would like to take advantage of this offer:

LMIS@angus.gov.uk

or call: **01307 475372 / 474240**

Places are limited so
contact us now so
you don't miss out!

