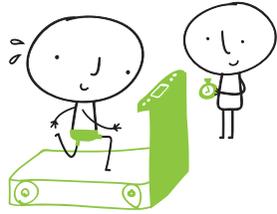


WHERE WILL SHAPE TAKE PLACE?



The McClelland Health and Wellbeing Centre

University of Worcester City Campus
Infirmary Walk (off Castle Street)
Worcester
WR1 3AS



From October 2017

The Movement - Malvern

Unit 4 Betony Road
Malvern
WR14 1GS



From October 2017

Abbey Stadium Sports Centre

Birmingham Road
Redditch
B97 6EJ



HOW DO I JOIN THE SHAPE PROGRAMME?

You can ask to be referred by your service.



For more information
visit our website:

MYSHAPE.ORG.UK



**SUPPORTING HEALTH AND
PROMOTING EXERCISE**

**A 12 WEEK PHYSICAL HEALTH
AND WELLBEING PROGRAMME**



**Worcestershire
Health and Care
NHS Trust**

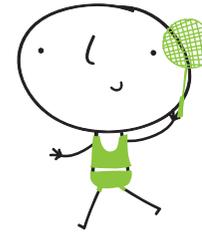


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WHAT WILL SHAPE OFFER?

- Monitoring of your fitness, weight and goals and provide a physical health review following completion of the 12 week programme
- Opportunity to join a similar peer group who also want to get fitter and healthier and support and motivate each other
- Weekly group exercise sessions such as circuit training, weight training, power walking, badminton, basketball, Zumba, yoga, pilates and Tai Chi



SHAPE WILL...

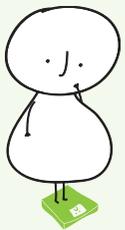
- Kick start you in to exercise and making lifestyle changes
- Introduce you to other people who also want to get fitter and healthier to provide support and friendship
- Provide access to local community facilities with personal health trainers in a safe and inclusive environment
- Empower you to make changes to your diet and learn about healthier eating
- Assist with maintenance of weight and help prevent weight gain (which can often happen with certain medication and/or inactivity)



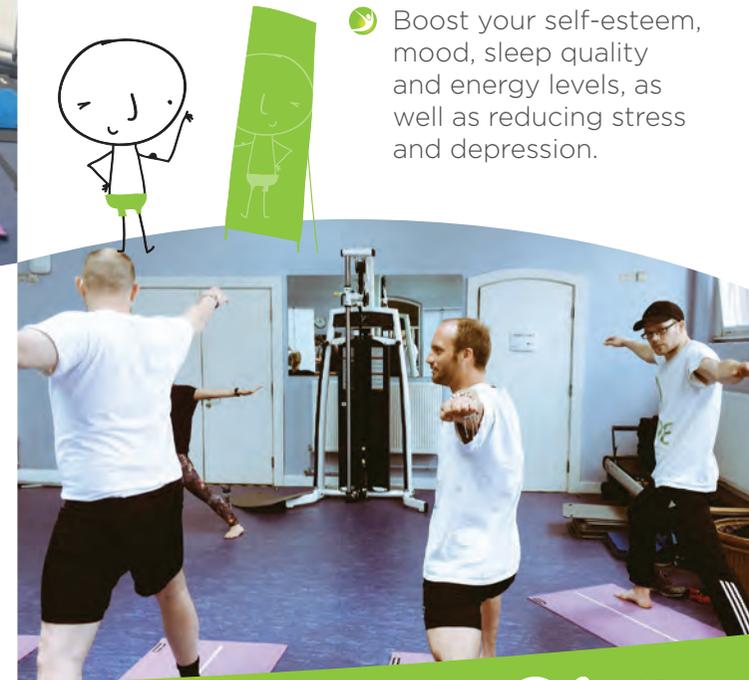
WHAT IS THE SHAPE PROGRAMME?

'SHAPE' stands for 'Supporting Health And Promoting Exercise' a 12 week physical health and wellbeing programme.

- A 12 week group programme for those in receipt of mental health services
- Targeting physical health and well being
- Empowering personal responsibility
- Encouraging peer support
- Structured exercise sessions
- Healthy lifestyle and nutritional advice
- Mindfulness and relaxation techniques.



- Nutritional and dietary advice to introduce healthy eating
- Healthy lifestyle sessions in relation to smoking and alcohol advice
- Mindfulness and relaxation training.



- Boost your self-esteem, mood, sleep quality and energy levels, as well as reducing stress and depression.