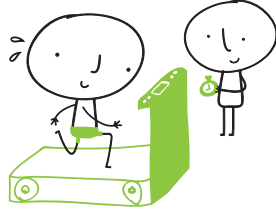


WHERE WILL SHAPE TAKE PLACE?



Bromsgrove District Leisure Centre
School Road
Bromsgrove
B60 1AY



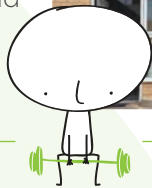
The McClelland Health and Wellbeing Centre
University of Worcester City Campus
Infirmary Walk (off Castle Street)
Worcester
WR1 3AS



NicFit
Units 3 and 4 Lisle Avenue
(off the Stourport Road)
Kidderminster
DY11 7DE

The Movement - Malvern

Unit 4 Betony Road
Malvern
WR14 1GS

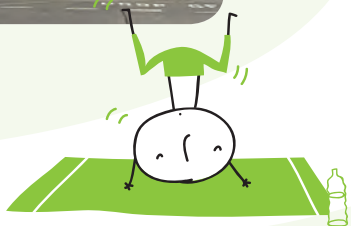


HOW DO I JOIN THE SHAPE PROGRAMME?

You can be referred by your Care Coordinator, Social Worker or Service.



Abbey Stadium Sports Centre
Birmingham Road
Redditch
B97 6EJ



SUPPORTING HEALTH AND PROMOTING EXERCISE

For more information:
Call **07535 705 791**
Email whcnhs.shape@nhs.net
or visit our website:

MYSHAPE.ORG.UK



A 12 WEEK PHYSICAL HEALTH AND WELLBEING PROGRAMME

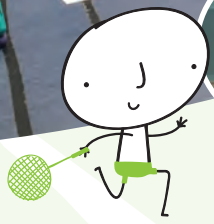


Worcestershire Health and Care NHS Trust



SHAPE

SUPPORTING HEALTH AND PROMOTING EXERCISE



WHAT IS THE SHAPE PROGRAMME?

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

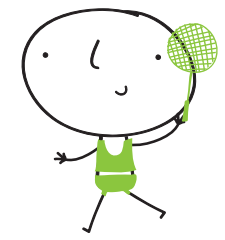


- 🕒 A 12 week group programme for those in receipt of mental health services
- 🕒 Targeting physical health and well being
- 🕒 Empowering personal responsibility
- 🕒 Encouraging peer support
- 🕒 Structured exercise sessions
- 🕒 Healthy lifestyle and nutritional advice
- 🕒 Mindfulness and relaxation techniques.



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

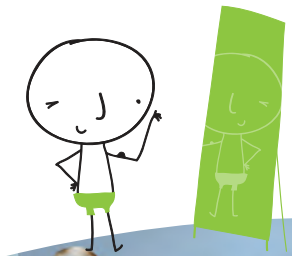


- 🕒 Nutritional and dietary advice to introduce healthy eating
- 🕒 Healthy lifestyle sessions in relation to smoking and alcohol advice
- 🕒 Mindfulness and relaxation training.



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)



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

