



**enjoyleisure**  
in East Lothian

# Small changes can make a big difference

Your guide to physical activity options  
available in your area, to assist you in  
making positive lifestyle changes  
and improving your health.



[www.enjoyleisure.com](http://www.enjoyleisure.com)

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August 2014

When it comes to leading a healthy lifestyle, making small changes to your daily routine can make all the difference.



## Physical Activity has multiple health benefits

- ✓ Reduces blood pressure and improves blood flow to the heart
- ✓ Enhances immune system function
- ✓ Reduces risk of developing diabetes and improves diabetes control
- ✓ Helps burn off excess fat
- ✓ Prevents osteoporosis by strengthening the bones
- ✓ Makes you more mobile and helps you to remain independent
- ✓ Helps to ease stress, anxiety and depression
- ✓ Reduces risk of developing dementia
- ✓ Boosts energy levels, improving sleep patterns
- ✓ Improves self esteem and helps meet new people
- ✓ Provides opportunities to build support networks



## How do I get started?

enjoyleisure offers an array of low impact activities across East Lothian that are positioned at an introductory level. They are suitable for people looking to improve their health or activity levels.

**REMEMBER:** Always exercise within your own limits. Drink plenty of water and stretch before and after exercise.

# EXERCISE TO SUIT YOU



## ♥ Aqua Fit

Based in the swimming pool, this class will relieve the stress on joints whilst improving your cardiovascular fitness and mobility.

## ♥ Aqua Fit Circuits

A unique aqua fit class that uses equipment to create a resistance workout in the water.

## ♥ Chair Exercises

A seated exercise class that aims to mobilise the joints, strengthen the muscles and increase blood circulation, without putting undue stress on the body.

## ♥ Functional Fitness

A strength, cardio and flexibility workout. Great for spinal and postural care, supporting every day activities.

## ♥ Funky 50s

A low impact aerobics class aimed at the over 50s, encouraging participants to increase their heart rate and move more.

## ♥ Get Up and Go

A gentle workout to get you going in the morning, combining yoga, Pilates, stretching and core body exercises.

## ♥ Mature Fit

An instructor led class to gain more confidence in using the gym equipment.

## ♥ Pilates

An exercise class that provides an increase in flexibility, mobility and strength, without bulking up.

## ♥ Stretch and Strength

A gentle exercise to improve elasticity and strength, reduce muscle loss, improve circulation and combat pain.

## ♥ Swimming

A great form of exercise for all. Look out for lane swimming, adults only and ladies night sessions.

## ♥ Walking Football

Allows you to play the beautiful game with one simple rule - No Running!

## ♥ Yoga

An ancient system of breathing practices, physical exercises and postures, combined with meditation to integrate mind, body and spirit.

## ♥ Yogalates

Using a combination of Yoga & Pilates disciplines this class is aimed at perfecting balance and posture using focus. This class aids relaxation & relieves stress.

## ♥ Zumba Gold

Takes all the fun exciting elements of Zumba and slows the pace down to suit those who are new to exercise.

# CONTACT US



We would be happy to discuss and provide further information on the suitability of any of the activities listed. Please contact us:

**Community Health & Activity Officer**  
01620 827268  
[healthyliving@eastlothian.gov.uk](mailto:healthyliving@eastlothian.gov.uk)

**Inclusion Officer**  
01875 824051  
[info@enjoyleisure.com](mailto:info@enjoyleisure.com)

## More Information

Find out more about Healthy Active Choices via the following websites:

[www.enjoyleisure.com](http://www.enjoyleisure.com)

[www.activeeastlothian.org](http://www.activeeastlothian.org)

## Local Sports Centres

enjoyleisure is proud to offer sport and leisure facilities throughout the county. We can assist you to become fit for now, fit for the future.



**Aubigny Sports Centre**  
Mill Wynd, Haddington  
EH41 4DB 01620 820650

**Loch Centre**  
Well Wynd, Tranent  
EH33 2JX 01875 824140

**Musselburgh Sports Centre**  
Newbigging, Musselburgh  
EH21 7AS 0131 653 5208

**Dunbar Leisure Pool**  
Castlepark, Dunbar  
EH42 1EU 01368 866040

**Meadowmill Sports Centre**  
By Tranent  
EH33 1LZ 01875 619079

**North Berwick Sports Centre**  
Grange Road, North Berwick  
EH39 4QS 01620 820730

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