

Active For Health V2 - Guidance for Public – Jan 2026

1. Introduction

Huntingdonshire District Council (HDC) recognises the importance of people leading healthy and active lifestyles. It also recognises the unique position of the Council to enable and empower all individuals to be able to take part in positive activity through its various facilities, programmes and services offered by its in-house leisure provider arm 'One Leisure'.

2. Benefits of exercising

There are many benefits of being active. It's medically proven that people who do regular physical activity have a lower risk of:

- coronary heart disease and stroke
- type 2 diabetes
- bowel cancer
- breast cancer in women
- early death
- osteoarthritis
- hip fracture
- falls (among older adults)
- depression
- dementia

Exercise can also improve your general mood by releasing endorphins, which you could think of as happy hormones. Self-confidence and sleep quality can also be improved as well as giving you more energy and reducing stress levels. It can help you lose weight if you need to and keep the weight off after you've lost it. It's important to remember that being active is even more beneficial if you're also making healthier food choices, not smoking, reducing alcohol intake and getting enough sleep.

3. What?

We will be running programmes of 'Active for Health (version 2)' across the district.

The Active for Health programme will be an adult (18+) 12-week health and wellbeing programme suitable for:

- Individuals who have been inactive at least 6 months prior to applying (less than 30 mins per week)
- Not have been a pre-paid member of One Leisure for at least 12 months at the point of application

Located at either a leisure centre or in a public setting, the programme consists of 12-weeks of group activities including fitness classes, walking sports, team games, healthy eating, and wellbeing walks. Activities can be discussed by the group in consultation with the lead delivery person.

Participants in the programme will be offered a 12 week 'Active for Health'* membership for One Leisure to run alongside the 12-week programme. Participants will have free use of the facilities to attend activities of their choice including badminton**, indoor cycling, the gym, fitness classes and swimming, amongst other targeted activities delivered across One Leisure.

At the end of the 12 weeks, depending on certain targets being met, participants may be offered a further 12 weeks free use of the centres.

* All free 90-day One Leisure offers are subject to additional eligibility criteria. Individuals who have been a pre-paid member of One Leisure in the previous 12 months from the date of application, will **NOT** be eligible for this course. Memberships cannot be exchanged for the duration of the programme.

** Badminton and other racket sports will only be free at off peak times (before 4:30pm during weekdays and anytime at weekends)

4. Eligibility Criteria

- Individuals who have been inactive at least 6 months prior to applying (less than 30 mins per week)
- Not been a pre-paid member of One Leisure for at least 12 months at the point of application
- Individuals who have previously participated in an Active for Health, Active for Health Xtra or Staying Active are not eligible for the 90-day pass but may still participate in the course for the same cost of £60.00.

4.1 Allocation of Active for Health Place

Eligibility will be the final decision of the Scheme Manager.

4.2 Proof of eligibility

Proof of eligibility will be required from all applicants.

- Self- certified as being inactive at least 6 months prior to applying (less than 30 mins per week)

5. How to apply

Sign up for the programme through completion of an electronic form. The form will be available on-line only. The amount of £60.00 is required no later than 10 working days before the course start date.

Individuals who require additional support to complete the form:

- Is there someone else you can ask to help you to complete it?
- One Leisure Receptions – if you have no one else to ask then One Leisure Receptions may be able to assist; you may need to wait for assistance.

6. Cost

The programme is ***£60.00 for the customer.

Includes a free 90-day membership to use the One Leisure facilities alongside the course.

The amount of £60.00 is required no later than 10 working days before the course start date. Individuals that sign up less than 10 days prior to the course start date need to pay immediately.

There will be no refunds for missed sessions.

Refunds for participants that need to cancel their place during the course will be decided upon by the Scheme Manager.

*** Special Introductory Price

7. Duration

The initial programme will be for 12 weeks.

Following the end of the initial 12 weeks, subject to targets having been met, participants may be offered a further 12 weeks free use of the One Leisure portfolio.

Customers will only be 'eligible' for one 'Active for Health' cohort.

8. Existing One Leisure Members

Existing members who have been a pre-paid One Leisure member within the last 12 months at the point of application will **NOT** be eligible for Active for Health.

Individuals who have previously participated in an Active for Health, Active for Health Xtra or Staying Active are not eligible for the 90-day pass but may still participate in the course for the same cost of £60.00.

9. Centre Regulations

All 'Active for Health' participants will be subject to the standard One Leisure Terms and Conditions. [T&Cs Memberships](#)

10. Summary

Eligibility will be the final decision of the Scheme Manager. HDC reserve the right to withdraw the 'Active for Health' offer if false declaration is given or in the event of misuse. Membership is not transferable. Information is correct at the time of publication but as this is a new scheme terms and conditions are subject to change.