**Active for Health – Course Guidelines**

**1. About the Programme**

The **Active for Health** programme is a 12-week course held in local leisure centres. It includes a variety of group activities such as fitness classes, walking sports, team games, wellbeing walks, and healthy eating workshops. Activities will be chosen in consultation with participants and led by the course Coach.

**2. Membership Offer**

All participants will receive a **30 day complimentary pass** with Freedom Leisure, giving free access to facilities and a range of activities delivered by both Freedom Leisure and Active Fenland (subject to eligibility).

At the end of the course,

* At the end of the course, if eligible, participants will be able to purchase a Freedom membership at a reduced rate.
* Memberships cannot be exchanged, transferred, or refunded during the programme.

**3. Eligibility Criteria**

Participants must:

* Be aged **18 years or over**
* Have a **BMI of 25+** (or 23.5+ if from a BME community) **OR** undertake **less than 30 minutes of physical activity per week**
* Be a **resident of Fenland District**
* Not have previously completed an Active for Health course (only one offer per person)

Final eligibility will be decided by the Scheme Manager.

**4. Proof of Eligibility**

All applicants must provide evidence of eligibility, either by:

* Self-certifying a BMI of 25+ (or 23.5+ if BME), **or**
* Self-certifying as inactive (less than 30 minutes of physical activity per week).

**5. How to Apply**

* Sign up via the **Active Fenland Booking Live website**.
* Use the BMI link provided in the course information if you need to check your BMI.
* Complete all booking questions fully and follow the process through.
* Once booked, you will be sent a questionnaire. This must be completed and returned to the email address provided.

**6. Cost**

The scheme is **completely free of charge** for participants.
(Funded by Cambridgeshire County Council’s Public Health Service.)

**7. Duration**

* Initial course: **12 weeks**
* Only one Active for Health course can be accessed per person.

**8. Existing Freedom Leisure Members**

* Existing members who meet the eligibility criteria may take part in the **12-week course**.
* The additional incentive applies only to new members who are currently inactive.
* Eligibility for existing members will be confirmed after a **verification period**.

**9. Centre Regulations**

All Active for Health cardholders are subject to Freedom Leisure’s **standard terms and conditions**:
<https://www.freedom-leisure.co.uk/terms-and-conditions/>

**10. Summary**

* Final eligibility decisions rest with the Scheme Manager.
* FDC and Freedom Leisure reserve the right to withdraw the Active for Health offer in cases of false declaration or misuse.
* Memberships are non-transferable.
* Information is correct at the time of publication but may be updated as the scheme develops.