

## Shapemaster (Innerva)

Located at the Mariner Centre, the Shapemaster Hub offers power assisted exercise equipment for customers who feel that a traditional gym isn't for them. The exercise machines use an electronic power system that enables users to workout at their own level, depending on their ability. There are both seated and recumbent pieces of equipment with adjustable footplates and support straps to enable access for people with movement restriction.

A gentle form of exercise, relaxation and socialising, it's ideal for those living with long term health conditions, those who are new to exercise or are deconditioned.

Health conditions that could benefit: Neurological conditions, Back pain Fibromyalgia and Arthritis.

**The Hub  
is open  
Monday - Friday  
9am - 1pm**



90% of Innerva users report a positive impact on their mental health, feeling more relaxed and less stressed.

## Step Forth Walking Programme

Step Forth is our award winning volunteer led free walking programme designed to improve your physical activity levels through walking. Walks take place all around Falkirk, from Bo'ness to Denny and the Braes to Carronshore and are suitable for all ages and abilities.

### Our Walks

**Health Walks** - A sociable, friendly and supportive walk. Walks last less than 1 hour and our walk leaders go at a pace which is suitable for you.

**Helix Walks** - The Heart of The Helix and Helix Connect allow you to explore the beautiful parkland and paths.

**Buggy Walks** - Our Buggy Walks bring new parents together to share their stories, experiences and concerns in a safe, friendly and welcoming environment.

**Nordic Walking** - A full body exercise, which is easy on the joints, using specially designed poles to strengthen and tone your whole body. For more info contact our Step Forth Coordinator.

"Time flies quickly when you are having a blether and getting your steps in. I look forward to it, even when the weather isn't always very kind"



To see our walks please visit our website:

[www.falkirkleisureandculture.org/fit-and-active/step-forth/](http://www.falkirkleisureandculture.org/fit-and-active/step-forth/)

Contact us

Step Forth email: [stepforth@falkirk.gov.uk](mailto:stepforth@falkirk.gov.uk)



Feel  
**FALKIRK**

**Active Forth**  
Physical Activity  
Referral Programme  
**Step Forth**  
Walking Programme



FALKIRK COUNCIL





Active Forth

## Active Forth is Falkirk's Physical Activity Referral Programme

- The programme supports individuals with long-term health conditions to become more active.
- Our goal is to help you lead a healthier and active lifestyle within your community through a supported 24-week specialised plan.
- Your physical activity plan will be delivered by our fully qualified and experienced referral instructors.
- Active Forth is available to people aged 12+ years and over with an existing health condition that could be improved by physical activity.
- Access to the programme can be gained via an online referral from an NHS Health Professional.
- The Active Forth programme offers flexibility with access to all of our clubs. We also provide both monthly and pay as you go payment options.



"The instructors are all very friendly and at the same time very professional."



## Physical Activity Referral Programme

Common Long Term Health conditions that may benefit from Active Forth

- |                  |                             |                        |
|------------------|-----------------------------|------------------------|
| Falls Prevention | Arthritis                   | Respiratory Disorders  |
| Hypertension     | Chronic Back Pain           | Stroke                 |
| Parkinson's      | Pre Diabetes                | Cancer                 |
| Osteopenia       | Diabetes 1&2                | Post Cardiac Rehab     |
| Osteoporosis     | Chronic Fatigue Syndrome/ME | Pre/Post Surgery Rehab |

## Your Referral Journey



### 1st Appointment Call: Get to know you

- Review referral & discuss personalised activity plan
- Learn about Active Forth & physical activity support
- Discuss Activity Options
- Discuss facility access options: PAYG or monthly payments
- Book 2nd Appointment



### 2nd Appointment: At Your Chosen Centre

- Pre exercise checks (Helps to track improvements over 24 weeks)
- Set Personal Goals (Create a realistic plan for long-term activity)
- First Activity Session (Try an activity & tailor your plan)
- Confirm Access Option and set up (PAYG or monthly membership)
- Plan Next Visit/Gym Review (4 & 8 weeks)



### 12 & 24 Week Appointment: 1:1 With Active Forth consultant

- Revisit pre exercise checks, Receive Boditrax scan
- Alter & progress exercise plan

## Physical Activity Options

Active Forth Classes

Gym Programming

Swimming

Anti Gravity Treadmill Grangemouth

"People have told me I am looking so well which is due to my gym programme and classes."

Shapemaster Suite Mariner



Active Forth Classes

Active Forth classes are led by specialised exercise instructors and tailored to support various health conditions. Delivered predominately by the Active Forth consultants these classes provide regular contact and support to help participants stay active and engaged. Take a look at some of the classes on offer.

**Strength & Balance** This class focuses on strength and balance exercises to support your body and reduce the risk of falls. It begins with seated resistance band exercises, followed by standing balance work using a chair for support, and ends with a seated cool-down, including stretches and breathing exercises.

**Active Forth Intervals** is a predominantly standing workout. It features 30-40 second exercise intervals followed by short rest periods, using both bodyweight and equipment-based movements. This class is ideal for improving cardiovascular fitness.

**Back into Motion** is designed for those experiencing lower back pain or looking to improve core strength and flexibility. The class begins with a low-impact standing warm-up, followed by a mat-based workout focusing on back and core strengthening. It ends with a relaxation session to reduce muscle tension and improve flexibility.



**Active Forth Circuits** is a full-body workout designed to build strength and improve aerobic fitness. After a low-impact warm-up, you'll move around exercise stations using a variety of equipment. The class ends with a gradual cool-down and stretching.



BO'NESS TOWN HALL Tel. 01324 504568	GRANGEMOUTH SPORTS COMPLEX Tel. 01324 504568	MARINER CENTRE Tel. 01324 503753	STENHOUSEMUIR HEALTH & FITNESS Tel 01324 503300
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