Menu to a
HEALTHIER YOU

TRY IT LOVE IT LIVE IT

Hull Culture & Leisure

Hull City Council

BECAUSE THERE'S ONLY ONE YOU

Working in partnership

Hull Culture and Leisure are the biggest operator of leisure facilities across the city, managing eight leisure sites and over 100 parks across Hull

We have worked with Hull City Council Public Health to produce this menu which will give you the information you need to know how to create a fitter, healthier you.

Physical activity benefits for adult and older adults

How exercise helps	Reduces your chance of	
Benefits Health	Type II Diabetes	-40%
Improves Sleep	Cardiovascular Disease	-35%
Maintains Healthy Weight	Falls, Depression and Dementia	-30%
Manages Stress	Joint and Back Pain	-25%
Improves Quality of life	Cancers (Colon and Breast)	-20%

Something is better than nothing. Starting small and building up gradually with just 10 minutes at a time provides benefit. **Make a start today!**

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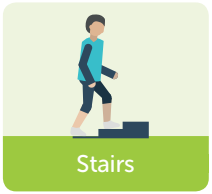
What should you do?

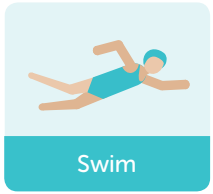
Exercise should be part of your everyday routine. It helps you maintain your quality of life, makes you feel good and helps you age well. This means less time visiting the doctors and more time enjoying life.

Be Active

Vigorous

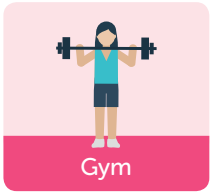


Moderate



Build Strength

For strong muscles, bones and joints



www.liveithull.co.uk

Walking is the perfect way to ease into a healthier lifestyle

It's the cheapest and easiest way to start improving your health and wellbeing – no gym memberships, no expensive kit required, simply leave the house and get walking for 10 minutes! If you want to go faster you can always jog or run instead.

Where can I do it?

Anywhere you like! Visit one of the parks in Hull and take in the scenery. You can incorporate a walk around the Animal Education Centre or Ferens Boating Lake while you're at East Park, a wander around the Sensory Garden at Pickering Park or even follow the Fish Trail or Larkin Trail and take in some of the city centre's architecture.

You're never far away from somewhere interesting to walk!

Why should I choose walking & running?

- You can build it up.
- You can fit it into your routine.
- Great for relaxation.
- Prevents many diseases.
- Great for your mind!
- The ultimate fat burner.

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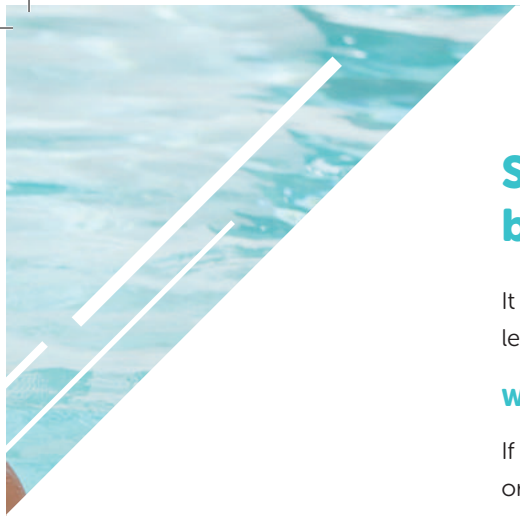
Walking & Running

Swimming



Swimming is a fantastic way of getting a full body workout

It uses all of the muscles in the body, whether you do a gentle paddle or swim loads of lengths, you will still feel the benefit.

Where can I swim?

If you want to go swimming then there are sessions available across Hull for any age or ability.

Traditional pools are available at Beverley Road Baths, Albert Avenue Pools , Ennerdale Leisure Centre and Woodford Leisure Centre.

Albert Avenue Pools, Woodford Leisure Centre and Ennerdale Leisure Centre also have teaching pools which are available at certain times throughout the week and weekend if you're new to swimming.

Why should I choose swimming?

- It's great for your wellbeing!
- Keeps you relaxed and de-stressed!
- Burns the calories.
- Lowers the risk of disease.
- Amazing for rehab.

www.liveithull.co.uk

Cycling is a great way of getting active and can be combined with your daily commute to work or a trip to the shops

All you need is a bike and a helmet (lights if you cycle at night). If you're not that confident on your bike then Hull is one of the best places to get cycling with a huge network of cycle paths crossing the city.

Where can I do it?

For a fantastic cycling experience then visit the Ennerdale Cycle Circuit. It is a secure and traffic free 1km cycling venue enabling cyclists of all levels to get cycling without worrying about the roads. It's the perfect place to build up your confidence on a bike.

Changing rooms, toilets, car parking and secure bike storage are all available. Come along for a pay and ride session or get a group of friends together to book out a private session.

Why should I choose cycling?

- Builds muscle.
- Burns the calories.
- Great for the lungs.
- Cuts the risk of disease.
- Gets the brain fit!

www.liveithull.co.uk

Cycling

Gym & Classes

If you'd like to get active indoors then you can try exercise classes or go into the gym

Most leisure centres offer a range of classes giving you the choice to suit your needs – classes can range from holistic such as yoga and pilates, to high intensity classes such as Zumba, circuit training and indoor cycling to get your blood pumping.

If you want support in how to train correctly then there are always fitness instructors available who can guide you and even help design a programme to meet your requirements.

Where can I do an exercise class/go to the gym?

At Hull Culture and Leisure our leisure sites offer pool exercise classes, fully equipped gyms and comprehensive fitness class programmes. With the sites being located in the heart of many communities they are easily accessible. If you'd like to book on one of our wide range of classes the schedules are available in your local leisure centres or online at www.hcandl.co.uk.

Why should I choose the Gym?

- Work out with friends.
- Pick and choose what works for you.
- Great for body and mind.
- Perfect for staying strong.
- Ask the experts.
- Do your cardio work in the gym.

Hull Culture and Leisure offers you much more

Ice Skating

Why not have fun and get on the ice at the Hull Arena. Hull Culture and Leisure operates the regions only ice skating rink and with a fitness membership you get access to free ice skating at all public skating session times (excludes skate hire).

Golf

Why not get a round of golf in at Sutton Park Golf Course. 18 hole and 9 hole courses available.

Indoor Racquet Sports

If you want to get active indoors why not book a table tennis table or badminton court? We also have squash courts at Woodford Leisure Centre more information available at www.liveithull.co.uk.

Outdoor Tennis

We have four new floodlit outdoor tennis courts at Costello Stadium with tennis racquet hire available.

Sauna & Steam Facilities*

Unwind after some exercise with a sauna or steam. Sauna and steam facilities are available at sites with swimming pools.

Outdoor Activities

Why not take part in a variety of outdoor activities at our parks including bowls, fishing and orienteering or use our outdoor pitches and gyms.

*Steam facilities are not available at Albert Avenue Pools.

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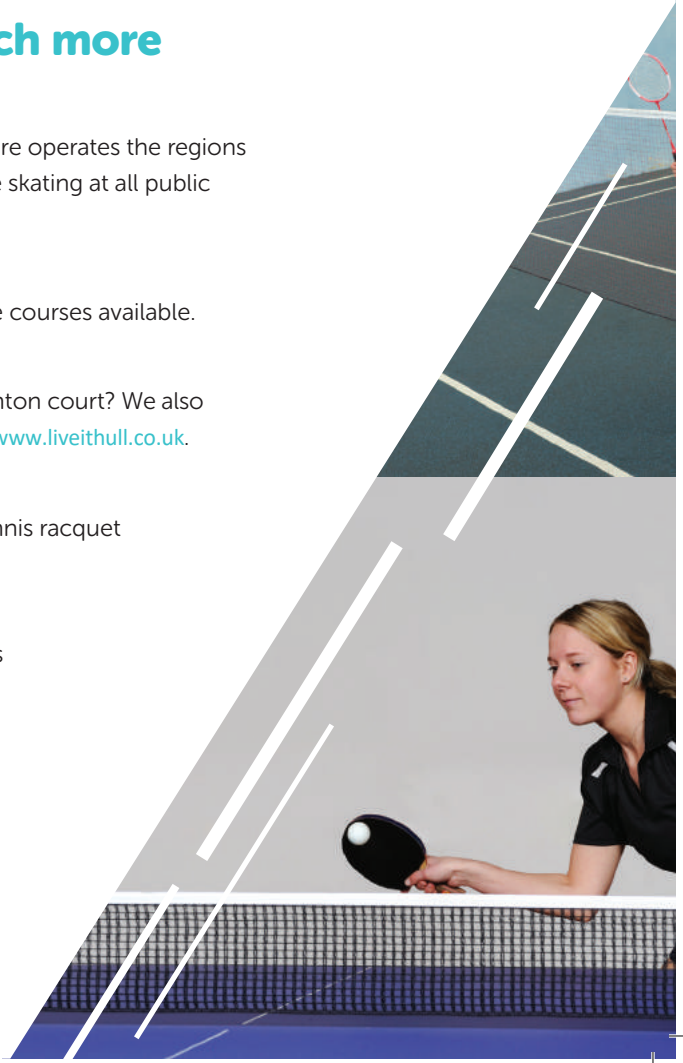

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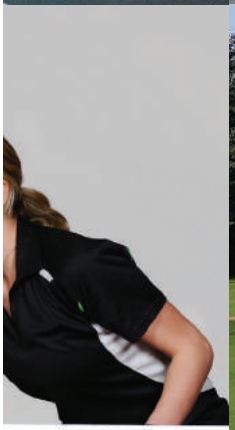


Our Locations

Hull Culture and Leisure is the biggest operator of leisure facilities across the city, managing eight sites and over one hundred parks and green spaces, we have a huge range of activities available which can help you get healthy in body and mind.

Centres:

1) Costello Stadium
Anlaby Park Road North,
Hull, HU4 6XQ
Tel: 01482 331 315

2) Ennerdale Leisure Centre
Hull City Council, Sutton Road, Hull, HU7 6EA
Tel: 01482 331 136

3) Woodford Leisure Centre
Holderness Road,
Hull, HU8 8JU
Tel: 01482 331 322

4) Waudby Centre
Helmswell Road,
Hull, HU9 5LD
Tel: 01482 715 550

5) Beverley Road Baths
250 Beverley Road,
Hull, HU5 1AN
Tel: 01482 615 986

6) Albert Avenue Pools
Albert Avenue, Anlaby Road, Hull HU3 6QE
Tel: 01482 614 826

7) Hull Arena
Kingston Park, Kingston Street, Hull HU1 2DZ
Tel: 01482 325 252

8) Sutton Golf Course
Saltshouse Road,
Hull, HU8 9HF
Tel: 01482 614 781

Parks:

9) East Park

10) West Park

11) Oak Road Playing Fields

12) Pickering Park

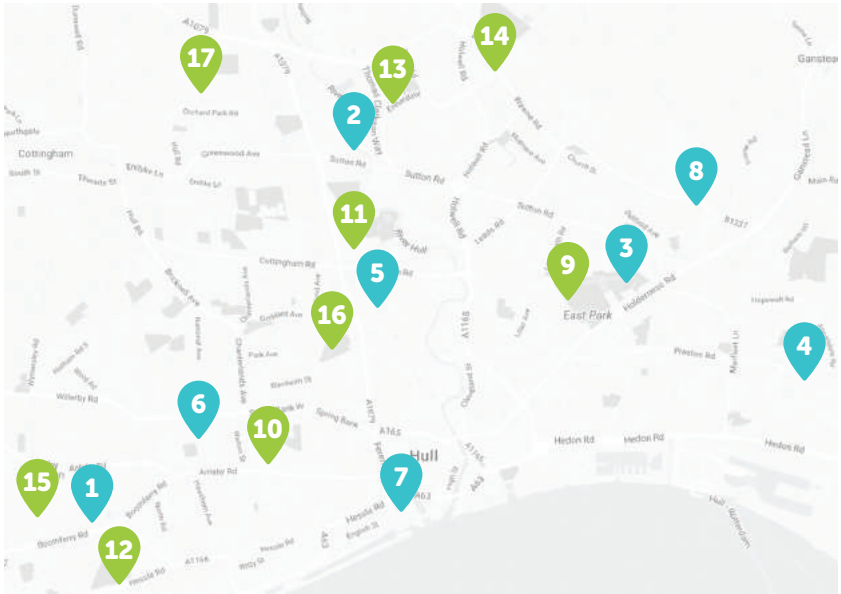
13) Bude Park

14) Noddle Hill Nature Reserve

15) Costello Playing Fields/ Peter Pan Park

16) Pearson Park

17) Shaw Park



Membership

Membership is commitment free – we don't tie you into any annual contracts. Become a member and be with us for as long as you want! One card is all you need to access a whole range of swim, gym and classes across all our sites. It also entitles you to discounted access to a wider range of activities.

Benefits of getting a fitness membership

Introduce a friend to the Direct Debit membership scheme and you will get a month's membership for free.

Other memberships are available: all available by cash or direct debit (no tie in)

- Off Peak – Restricted times
- Junior – Juniors 5 to 15 and Young people 16 to 19 years
- Family – Two adults and two children 5 to 19 years
- Swim and Sauna

Don't want to sign up for a membership?

All our facilities are available to use as pay as you use, for more information visit www.liveithull.co.uk.

TRY IT
LOVE IT
LIVE IT

Full contact details and additional information available at
www.liveithull.co.uk

Useful Links

change4life - **www.nhs.uk/change4life**

NHS Choices - **www.nhs.uk**

OneYou - **www.nhs.uk/oneyou**

Active Humber - **www.activehumber.co.uk**

Active10 - **www.nhs.uk/oneyou/active10**

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Tel: 01482 300 300

Email: info@hcandl.co.uk

You can also visit **www.liveithull.co.uk** for more information

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