

Case Studies

Getting adults more active – The 60+ Active Leisure Scheme at Llys Cadwyn Fitness Centre

The 60+ Active Leisure Scheme has been introduced across Wales to encourage physical activity and healthy lifestyle choices and to reduce health inequalities and social isolation for the 60+ years age group. The scheme is funded by Sport Wales which has invested more than £1 million nationally with the aim of supporting the 60+ years population in Wales to live longer, better and happier lives by improving physical activity levels, confidence, strength and balance. Presently in RCT 78% of adults above 60 years are not achieving the Chief Medical Officers (CMO) guidance of **150** minutes of moderate physical activity on a weekly basis. We currently have **36** sessions weekly running across **6** leisure facilities within the County Borough.

Llys Cadwyn Fitness Centre offer **6** classes as part of their 60+ Active Leisure Scheme: Gym based low intensity (x2), Low Intensity Circuits (1), Chair Aerobics (1), Beginners Fitness (1), Low Intensity Aerobics (1). The centre joined the scheme in order to provide classes for all abilities, and offer a stepping stone for people to get back into exercise. Their classes run during the day, when the gym is quiet, and less intimidating for newcomers.

The classes help participants to improve their mobility, strength and general health and wellbeing. Keeping active as you get older is so important, and participants have seen improvements in their physical health. As well as helping to improve physical health, the classes are really beneficial for members' mental health. One of the key aims of the scheme is to combat social isolation. These classes provide an opportunity to meet new people and make new friends. The group at Llys Cadwyn love the social aspect of the classes, and they have developed strong friendships. They are a tight knit group and they regularly go for coffee after class. They organise regular social events and have a Whatsapp group to keep in touch.



“It's been really good for my mental health. Personally, I was in a really bad place. My friend told me to come and have a go. And it's been a life changer. Coming three times a week, maybe four. It's fantastic, really good.”

“I went through a period last year, where for some reason my mobility started to suffer. I couldn't walk 50 yards. It gradually started to get better, and I came to this class. It's helped me progress and now I'm back playing football.”



6 classes per week



Average of **44** people per week



Average of **82** participations per week



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