

HEALTHY GOALS

FREQUENTLY ASKED QUESTIONS

WHAT IS THIS PROGRAMME ABOUT?

This is a community-based physical activity programme designed to help people get active in a supportive, welcoming environment and enhance wellbeing. It's open to all fitness levels, especially beginners, but ideal for those returning to activity.

DO I NEED TO HAVE ANY EXPERIENCE TO JOIN?

No experience necessary, but be prepared to move! The programme is beginner-friendly, and our instructors and coaches will guide you through everything at your own pace.

WHAT TYPES OF ACTIVITIES ARE INCLUDED?

We'll do a variety of indoor and outdoor activities (as the weather gets nicer). Activities may include walking groups, light aerobics, stretching, yoga, strength training & circuits, team sports/games and other fun, low-impact exercises depending on the session and venue.

HOW LONG IS EACH SESSION?

For both teens (11-16yrs) and adult (16+) sessions, each session typically lasts up to 60 minutes, including warm-up and cool-down.

WHAT SHOULD I WEAR OR BRING?

Wear comfortable clothes you can move in and supportive shoes, ideally trainers. Bring a water bottle and a towel. Mats may be needed for some sessions (e.g., yoga) – check the session details.

IS IT FREE TO JOIN?

All sessions are free; we're fortunate to receive funding via the Premier League Charitable Fund to provide community opportunities.

DO I NEED TO REGISTER IN ADVANCE?

Yes, sessions are to be pre-bookable; your booking is your registration. However, we won't turn people away who haven't booked but drop in on the day; you will be asked to complete details on arrival.

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CAN I BRING A FRIEND OR FAMILY MEMBER?

Yes! bringing a friend or family member can make it more fun and help you stay motivated. be sure to check the age range of sessions when considering bringing a friend or family member.

WHAT IF I HAVE A MEDICAL CONDITION OR INJURY?

Always consult your doctor before starting any new physical activity if you have a medical condition. let the instructor know before class so they can suggest modifications. we'll gather this information when booking or registration form on arrival.

WHAT IF I CAN'T KEEP UP WITH THE GROUP?

That's totally okay! go at your own pace. the goal is to move and feel better, not to be perfect. instructors and coaches are trained to offer easier alternatives.

IS THERE AN AGE LIMIT?

We have sessions open to teens (11-16 yrs) and others open to adults (16+). some programmes may also have specific sessions for seniors, youth, or families.

WHAT IF I FEEL NERVOUS OR SELF-CONSCIOUS?

You're not alone - many people feel that way at first. our sessions provide a welcoming environment to encourage interaction with others. this is a friendly, judgement-free space where everyone is focused on their own journey.

WILL THIS HELP ME LOSE WEIGHT OR GET FIT?

Regular physical activity supports overall health, fitness and wellbeing. while weight loss isn't guaranteed, you'll likely feel stronger, have more energy, and enjoy better mental wellbeing.

WHO LEADS THE SESSIONS?

All sessions are led by qualified and experienced instructors/coaches trained to work with beginners and mixed ability groups. we also have a team of experts supporting you to access further support for mental health.