

Active NL BACK CLASSES



Active NL in partnership with NHS Lanarkshire is delighted to present a NEW programme of Back Classes for people who are troubled with chronic back pain issues.

This classes are part of the Active Health programme but you can also self-refer to the classes by calling **01236 341709**.

VENUE	DAY	TIME
Sir Matt Busby Sports Complex	Tuesday	09.50 – 10.50
Time Capsule	Wednesdays	09:30 - 10:30
Aquatec Leisure Centre	Wednesdays	14:30 – 15:30
Wishaw Sports Centre	Wednesdays	13:30 - 14:30
Tryst Sports Centre	Wednesdays	19:30 - 20:30
Tryst Sports Centre	Thursdays	15:15 – 16:00

The classes are delivered as a set circuit so that you can work within a range and at a level that suits your current ability and our group fitness instructors will be on hand to give advice and support throughout the class.

The classes are FREE for 20 sessions and £2.10 thereafter and more information about how to enrol is available by calling the number detailed above or emailing menziesmel@northlan.gov.uk.

Why does regular physical activity help back pain?

- Develops and strengthens muscles
- Improves and maintains joint flexibility
- Improves bone density
- Improves fitness
- Improves mood
- Release natural chemicals that reduce pain

Good to know that...

- Back pain is common but is rarely due to any serious disease
- Even when it is very painful that usually doesn't mean that there is any serious damage – hurt does not mean harm
- Bed rest for more than one day or two is usually bad for you
- The quicker you get going the faster you get better
- Regular exercise and staying fit helps your general health and your back
- Flare-ups are common
- You have to get on with your life – don't let back troubles take you over – be a winner

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If you are unsure about your ability to take part in exercise please speak to your local health practitioner.