

High Life – Why Not?

Mags Duncan
Principal Sports Development Officer



Scottish Company: SC407011
Scottish Charity: SC042593

HIGH LIFE HIGHLAND

An Arms length organisation delivering 9 specialist service areas:



HIGH LIFE SCHEME IN LEISURE FACILITIES

Affordable access for everyone

- All inclusive from £16.80 per month
 - 50p for low income families
 - 50p Happy Hours



English for speakers of other languages



Highland Archive and Registration Centre



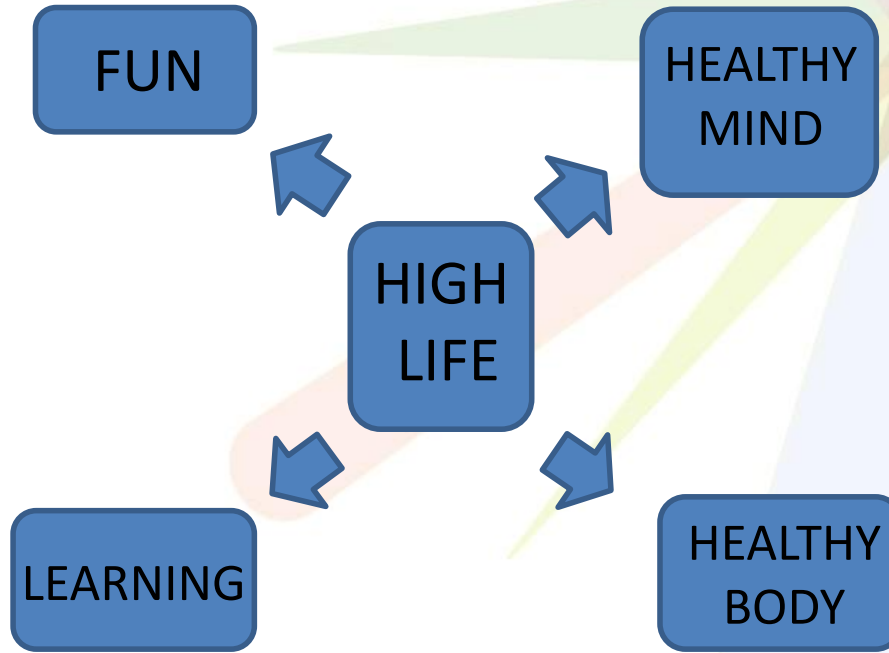
Schools project in professional print studio



Re-created cottage



Mini Olympics – Sports Leaders & Active Schools at Nairn



Body Pump at Invergordon



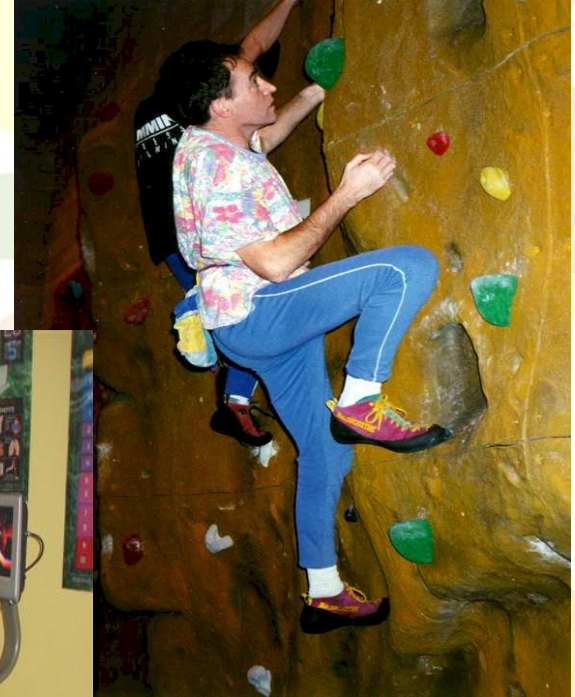
Bookbug session



Year-round activities



Leisure Environment



SWIMMING



PARTNERSHIP WORKING

- GP and Physiotherapy Referral Scheme
- Social Work Partnership Looked After Children and Supported Families
- High Life Tourist Membership Scheme
- Schools High Life Membership Scheme

MOVE IT TO LOSE IT

Shape up for Christmas!

Starts week commencing 14 November and
ends week commencing 19 December.



Why wait until January to make your New Year Resolution? Why not start now, get in shape for the festive season – get a head start on a healthier lifestyle and step into the New Year as the New You!

Take the Move it to Lose it Christmas Challenge at any participating High Life leisure centre. It's FREE to all-inclusive High Life members, and available to new members who can join High Life at a special promotional price for the duration of the 6-week challenge.

Beat the winter blues!

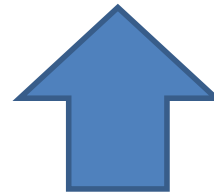
You can sign up at your nearest High Life leisure centre and get your introduction to the Challenge. Here, you'll be taken through the Move it to Lose it programme. You'll be assessed for fitness, weight and body fat and your targets will be set with you. As well as looking and feeling better, you'll be in great shape for Christmas, and making a fresh start for the New Year!

Did You Know?

In addition to the obvious physical benefits, exercise has been proven to boost mood and confidence, general health and wellbeing. Are you ready to Move it to Lose it? Find out more overleaf!

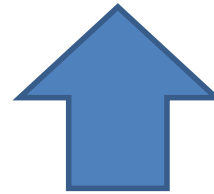
PARTICIPATION

Physical Activity
within Leisure Facilities



80%

Low Income Families



178%

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