

More Active Health in action – the SAASH experience



St Albans Arts, Sport & Health encouraging people to lead healthier lives

Steve Howard is Health Development Officer and Exercise Referral Coordinator at St Albans Arts Sport & Health (SAASH).

Steve was constantly looking for ways to encourage local people to become more physically active in his role as Health Development Officer at SAASH. He had already planned to run a series of healthy living sessions and says **“More Active Health fitted in perfectly with what I was trying to do in our local community. It was six-weeks long and had an accompanying manual to give to participants so it was the perfect building block to base our programmes around.”**

“The whole team found the More Active Health materials easy to follow. Having a manual for participants means we have free time to develop our own content for the course rather than draining our resources developing our member materials,” says Steve.

Summary

- More Active Health is great to deliver in community settings
- Perfect building block for other programmes to be based on
- The packs are high quality and built on evidence and research – no need for any organisation to spend time and money on developing and printing their own material.

To find out how More Active Health can be delivered in your centre and help you reach your goals contact Jonathan Scott at MEND on 07515 612 263 or jonathan.scott@mendcentral.org

