

# GOOD BOOST CLASSES

As part of a new national Musculoskeletal (MSK) health hubs project, we have a range of new Good Boost classes available across our leisure centres to help you lead a happy, healthier lifestyle.

### WHAT IS GOOD BOOST?

Good Boost provides a flexible approach to supporting you with your muscle or joint pain

- Gentle aqua or land based rehabilitation sessions
- 30-60 minute classes
- Delivered using a portable Good Boost tablet

### WHAT DO THE SESSIONS INVOLVE?

Using information provided about your unique muscle or joint pain, sessions are individually tailored to allow you to progress through your exercises at your own pace.

- Individual tailored activity programmes built by experts to reduce pain and improve your strength and mobility
- Delivered using a portable waterproof Good Boost tablet
- Personalised exercises provided through clear animated diagrams
- A Good Boost facilitator will be available throughout the session to support and guide you
- 30-60 minute (site dependant) sessions include; a 10-minute warm up followed by a series of 3-4 minute individual exercises, with fun group activities in-between.
- Both group and individual sessions are available (please check at your leisure facility)

### HOW DO I GET INVOLVED?

You will need to take 5-minutes to complete a self referral form on [www.leisurecentre.com/MSK](http://www.leisurecentre.com/MSK).

Your healthcare professional is also able to refer you to Good Boost. Once the centre has received your referral, the team will contact you directly.

You will need to allow 30-minutes ahead of your first class to register on the Good Boost Hub at the leisure facility.

### SCREENING CRITERIA FOR GOOD BOOST INCLUDES:

- **Health care professional advising against exercise:** Good Boost advises that you return to exercise only when signed off.
- **General feeling of weakness,** overall discomfort, illness in the 48 hours previous to starting the Good Boost session.
- **Cancer treatment:** with being immunocompromised, you will need to speak to your healthcare professional to assess if group classes are suitable.\*\*
- **Cardiac and respiratory conditions:** Good Boost recommends that you do what you can but do not exert yourself and keep necessary medication to hand.
- **Kidney disease:** Good Boost recommends that you have spoken to a GP before getting in the water due to increased activity in the pool

A full list of centres offering the Good Boost classes can be found on [www.leisurecentre.com/MSK](http://www.leisurecentre.com/MSK)

As part of the MSK health hubs project, we are also delivering ESCAPE Pain courses and free Arthritis Action coffee mornings. More information can be found on [www.leisurecentre.com/MSK](http://www.leisurecentre.com/MSK)

