

How physical activity helps

Increasing the amount of physical activity and improving your lifestyle can make big improvements to your health and wellbeing. It's been medically proven that people who do regular physical activity have better health outcomes. The facts speak for themselves:

Up to a 35% lower risk of heart disease or stroke

Up to a 50% lower risk of type 2 diabetes

Up to a 50% lower risk of colon cancer

Up to a 20% lower risk of breast cancer

Up to an 83% lower risk of osteoarthritis

Up to a 30% lower risk of depression

Up to a 30% lower risk of dementia

Improved recovery from Covid

Reference www.nhs.uk/live-well/

NHS guidelines recommend that adults should do at least 150 minutes of moderate intensity activity a week. However for people with pre-existing health conditions, physical exercise is best taken under the supervision of appropriately qualified staff. This is why all our exercise instructors hold the gold standard BACPR Level 4 qualification, which ensures you can happily exercise to your full potential in a friendly and safe environment.



"I've always belonged to a gym but when you have had a heart attack you feel anxious about overdoing it when taking exercise and the heart club is the answer because you know that you can exercise in safety."

Claire BHC member

A centre of excellence

Opened in 1996 the Bournemouth Heart Club is one of only a few specialist exercise facilities in the UK. Founded as an independent charity, it is a centre of excellence in cardiac rehabilitation. Our Keep Well Hub was developed for people at risk of heart disease and other serious health conditions so our membership now includes people in their 20's through to their 90's, all with the same goal, to improve their physical fitness and mental wellbeing.

"Regular exercise provides both immediate and long lasting benefits. It improves cardiovascular health, reduces cholesterol and lowers blood pressure. It also reduces the risk of developing other serious health conditions like diabetes and can help with dementia and depression."

Graeme Souness Patron



Graeme Souness alongside Clive Keele at the Heart-to-Heart Bike Ride

"You are not alone, come and exercise with confidence in safe and friendly surroundings. Enjoy the companionship of other members, the superb professional instructors and the facilities and social life that the Bournemouth Heart Club has to offer."

Clive BHC Member



SCAN ME!

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Registered Charity No. 1006725



GET WELL



FEEL WELL



KEEP WELL



Safe exercise instruction and lifestyle advice for people with cardiovascular disease, diabetes, high blood pressure, COPD, stroke (TIA), overweight or other serious health conditions.

The Keep Well Programme

The Keep Well programme at the Bournemouth Heart Club is designed for people with serious health conditions who have not completed an NHS cardiac rehabilitation programme or other NHS courses which include a health assessment.

We provide personal exercise plans and health advice for people of all ages who suffer from medical conditions which will benefit from working with specialist exercise instructors.

Patients can self refer using a self-referral form downloadable from the Bournemouth Heart Club website or by contacting our office. See back page for contact details.

You will then be invited for an initial health assessment and if required further tests, before you undertake a 10 week course of exercise. Typically this will be 20 x 1 hour gym classes, designed specifically for your health condition and fitness level, and supervised by one of our fully qualified BACPR instructors. At the end of the Keep Well course you will get a review of your progress and the opportunity to become a full member of the Bournemouth Heart Club.

See insert for Keep Well course fees and monthly exercise class timetable



"It's been said before but it's worth repeating, if exercise was a pill it would be the most efficient pill you could ever take."

Samuel Panton Co-Manager



Purpose built facility at RBH hospital with members only car park



Two fully equipped gyms staffed by BACPR Level 4 instructors



Circuit, Group, Open Gym, Seated and Zoom classes



Members lounge with tea bar and regular social activities

Keep Well Benefits

- An initial assessment and testing of your health and fitness carried out by specialist trained staff
 - An exercise plan and induction by an instructor, based upon your personal health and fitness levels
- Two gym visits per week for 10 weeks, times to suit you, to be completed within 3 months
 - Close supervision by a BACPR qualified instructor who will give you advice and guidance
 - Safe exercise alongside likeminded people with the same goals
- The opportunity for your spouse, partner or friend to join with you and support you.
- A final assessment and test of your health and fitness to highlight improvements
- The opportunity to become a full member of the Bournemouth Heart Club



"The Heart Club is a welcoming environment with extremely helpful and caring instructors."

Dylan BHC member