

12 WEEK MEN'S COMMUNITY HEALTH & LIFESTYLE PROGRAMME

**Starting on Tuesday 24th September
at 7pm for 12 weeks
at Keady Recreation Centre**

Do you live in the Keady area?

Participants will benefit from

- **Regular health, lifestyle and physical activity sessions**
- **Dedicated staff to support you with your goals**
- **Free access to facilities at Keady Recreation Centre**
- **Health Checks**



Interested in applying for a place?

Please complete an expression of interest form and return before 12 noon on Monday 9th September 2013 to Mark Doran, Keady Recreation Centre, c/o St Patrick's High School, St Patrick's Street, Keady, Co Armagh, BT60 3TH if you wish to be considered for a place on this programme.

*Please note that applications of interest may not guarantee a place on this programme.
Further eligibility criteria may be applied.*

12 WEEK MEN'S KEADY COMMUNITY HEALTH & LIFESTYLE PROGRAMME

**Starts on Tuesday 24th September – 10th December from 7pm – 8.30pm,
at Keady Recreation Centre**

Please complete and return an expression of interest form before 12 noon on Monday 9th September 2013 if you wish to be considered for a place on this programme.

PERSONAL INFORMATION			
First Name		Surname	
House Number			
Address			
Town		Post Code	
First Language		D.O.B	
Are you currently in receipt of any benefits?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
MEDICAL INFORMATION			
GP Name			
GP Address			
Please detail any medical conditions			
Current Height		Current Weight	
Current Body Mass Index (BMI) (<i>only if known</i>)			
Are you a smoker?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you regularly consume alcohol?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
CONTACT DETAILS			
Phone No.		Mobile	
E-mail Address			
Other <i>e.g. Facebook / Twitter</i>			

PHYSICAL ACTIVITY

How would you describe your current level of physical activity?

Extremely inactive Sedentary Moderately active
Vigorously active Extremely active

During an average week, how many days of the week would you normally participate in physical activity? _____ days per week

During an average week, how many minutes/hours would you normally participate in physical activity? _____ minutes/hours per week

Briefly outline why you should get a place on this programme

KEADY RECREATION CENTRE

Are you a current user of Keady Recreation Centre? Yes No

Would you like to receive information on various classes / programmes available at Keady Recreation Centre? Yes No

COMMITMENT TO PROGRAMME

The programme will run for 12 weeks and participants must be able to commit to attend all of the sessions.

Please tick if you are interested in receiving information on future opportunities in your area, from local organisations

Signature _____ Date _____

Please note that applications of interest may not guarantee a place on this programme. Further eligibility criteria may be applied. Preference will be given to residents from Keady Ward.

Applications of interest for this programme must be received before 12 noon on Monday 9th September 2013 to Mark Doran, Keady Recreation Centre, c/o St Patrick's High School, St Patrick's Street, Keady, Co Armagh, BT60 3TH