

Go4Life is a new North Somerset Partnership scheme to encourage everyone in North Somerset to get more physically active and healthy.

To become a member of the scheme complete the form below. Our target group is adults (16+) who take part in less than 90 minutes of physical activity a week. Physical activity includes all types of exercise (recreational walking and cycling, organised and informal sport) that increases your heartrate, makes you feel warmer, and slightly out of breath.

There are lots of benefits for Go4Life members, including:

- ✓ regular newsletter
- ✓ supportive information and advice
- ✓ discounts for a variety of activities
- ✓ free step counter
- ✓ special access to events
- ✓ getting active and healthy!

Go4Life is **free to join** – just complete and return this form:

Name:	Date of birth:
Address:	Post code:
	Home tel. number:
Email:	Mobile tel. number:
How would you like to receive Go4Life information? (✓) <input type="checkbox"/> Email <input type="checkbox"/> Post	
What are the greatest barriers that stop you taking part in physical activities?	
Which physical activities do you enjoy most, or would like to try in future?	
How can we help you to become more physically active and healthy?	

Your personal pledge...

- I am part of the Go4Life target group and I am making a personal pledge to participate in more physical activity.
- I am not part of the Go4Life target group but I would like to receive information about getting active in North Somerset (this will be by email only).

I give permission to be contacted about Go4Life and my physical activity levels in the future.

Signature: _____

Date: _____

The Go4Life scheme is a North Somerset Partnership initiative that is administered by North Somerset Council. This information will be used as part of this exercise and will not be passed on to any other organisation.

Disclaimer: Whilst North Somerset Partnership is trying to encourage physical activity, we are not in a position to provide medical advice. Individuals need to satisfy themselves that they are fit enough to take part. We recommend that anyone starting physical activity should first speak with their doctor, particularly older people. We cannot accept responsibility for injury or health problems which may arise from taking part in our sessions.

Please return completed form to: Go4Life, c/o Sports Development NSC, Community Involvement Office, Somerset Square, Nailsea, North Somerset, BS48 1RQ. For more information about Go4Life visit www.go4life.org.uk / email go4life@n-somerset.gov.uk or call 01275 810 995.