

Fitness for Work



KAL's Fitness for Work 12-week scheme is designed to support people that are out of work or at risk of falling out of work due to ill health.

Read overleaf for how KAL can support through this scheme

What is Fitness for Work?

Fitness for Work is a free of cost 12-week exercise programme. The programme includes a weekly exercise specialist led class or gym session, and in addition to the weekly physical activity studio and gym sessions, individuals on the scheme will get access to a full KAL membership including KAL's Health and Wellbeing classes.

To further support the wellbeing of each person and enjoyment of physical activity, KAL will be running regular, social activity sessions within the Fitness for Work scheme.

Who is Fitness for Work for?

Each person accepted onto the scheme must fall into one of the below categories:

- At risk of falling out of work due to ill health
- Out of work due to ill health and unable to look for work as a result
- Had a period of sickness from work lasting 7 days or more within the last 6 months

How do you access Fitness for Work?

Whether you are referring yourself, or a Health Care Professional referring someone else, please visit: kal.org.uk/health-wellbeing/fitness-for-work and complete our referral forms there.

Sessions are available at Huddersfield Leisure Centre and Spen Valley Leisure Centre, alongside a full KAL membership.