



Healthy Living Instructor

Manchester YMCA is looking to recruit a Healthy Living Instructor(s) to join our Champions for Change Social Prescribing Programme to be based at the Y Club in Castlefield. The position is 40 hours per week of delivery which could be a full-time role or two part-time roles.

Manchester YMCA was established in 1846 and is a registered charity. We work to make people happier, healthier and more connected. We believe in the transformative power of physical activity to improve both physical and mental wellbeing, build confidence, develop resilience, and empower individuals to take greater control of their lives.

Champions for Change is an innovative project which provides personalised support to individuals over a 22-week period. Sessions will be delivered primarily from our Y Club leisure facility, but some initial sessions may take place off-site where that is helpful to break down barriers to coming to the Y Club.

We are working with a number of local partners to identify and refer to us, those who can benefit most from introducing regular exercise into their weekly routines. We anticipate that this will be people of all ages, men and women and each with different physical capabilities. They may have experienced barriers to participation, have low confidence, poor mental wellbeing or experience social isolation. We are therefore seeking someone who understands the importance of relationship-building, strengths-based practice, and the role that a positive mindset can play in helping individuals achieve sustainable change.

The role of the Healthy Living Instructor is to support these people throughout their journey with us. This includes:

- Working with referral partners
- Initial assessment to identify individual goals
- Design of a bespoke training programme which meets those goals
- Delivery of a weekly PT session for the first 10 weeks (Phase 1)
- Provision of lighter touch support for the next 12 weeks (Phase 2)
- Assessment of progress at the start and end of Phase 1 and the end of Phase 2 so we can measure progress.

All of the above needs to be delivered in a sensitive and person-centred way with a focus on giving people the tools and knowledge to take responsibility for their own body and health.

Who we are looking for

We are looking for someone who is more than just a fitness professional. We need an individual who understands how to engage people who may be reluctant to participate, who can build trusting relationships, and who believes in people's potential to change and grow.

The ideal candidate will:

- have experience working with people who may face barriers to engagement.
- understand the importance of promoting positive mindset, motivation, and personal responsibility.



- be skilled at creating personalised programmes that are achievable, engaging, and outcome-focused
- be confident in monitoring progress and evidencing impact
- demonstrate empathy, patience, and excellent communication skills
- be passionate about improving people's lives through physical activity and healthy living

Essential Qualifications

- Level 2 Fitness Instructor Qualification
- Level 3 Exercise Referral Qualification
- Experience delivering exercise referral or health improvement programmes

Working Hours

The role will require a flexible approach to working hours, which may include early mornings, evenings, and weekends. Session times will be agreed directly with participants to maximise engagement and accessibility.

We are looking for an experienced Exercise Referrer who is looking to make a difference to people's lives. You will need to be registered with a Level 2 Fitness Instructor qualification and hold a Level 3 Exercise Referral.

We expect that the role will require flexible working, which may include early mornings, evenings and/or weekends. Session times will be agreed by you with the individuals.

Employment benefits include:

- Free access for you and a family member to all Y Club facilities
- Bike to work scheme/free parking
- Discounts off food and drink and hotel rooms at The Castlefield Hotel