

# Why Exercise on Referral?

If you have long term medical conditions, or you've always thought that exercise wasn't for you, it can be almost impossible to think of ways you can exercise safely, comfortably and enjoyably...

We have the staff to help you sort out a suitable programme that will be tailor made for you and your medical condition.

We start slowly and gradually build up your fitness and your confidence in the equipment. You don't have to do anything that you don't want to or use equipment that you don't like and you won't be on your own in a room full of fitness fanatics...

## ***Physical Activity can help you to:***

- *lose or maintain weight*
- *get out and about more*
- *lower blood pressure*
- *protect your heart against heart disease*
- *meet other people in the same boat as you*
- *strengthen bones*
- *prevent falls*
- *improve confidence after falling*
- *relieve stress and tension*
- *decrease your cholesterol levels*
- *improve blood sugar control - type II diabetics*
- *aid recovery after surgery or illness*
- *get back into shape after child birth*
- *enjoy leisure activities*
- *ease joint pain*

## **Who can join?**

Any one who feels they need a bit of help and encouragement to be more fit and active. It may be that:

- You're trying to lose weight or maintain weight loss
- You've had heart disease, heart attack, high blood pressure, or are recovering from stroke
- Recovering from illness or surgery
- You have problems with joints, arthritis, joint replacements, or a bad back

If you are in doubt about your suitability for the scheme, talk it over with your GP, practice Nurse or give us a ring at the Resource Centre

## **Who can refer me to the scheme?**

Any health professional can refer. Usually your GP, Practice Nurse, health visitor or Physiotherapist.

## **Staff qualifications**

All staff working with Exercise on Referral Clients are fully qualified Level 3 Fitness instructors and have many years practical experience.

## **What happens once I'm referred to the scheme?**

When we receive your referral form we will telephone you to make an appointment that is convenient to you.

Then:

- We will then talk to you and take details of your condition/s.
- We will show you around the gym
- We will show you what exercise is suitable for you and your condition
- We will show you how the equipment you may wish to use works

**You won't be alone!**

**You will be exercising with many others who are here for the same reason as you— to improve their health.**

## **How much does it cost?**

To help you start to be more active we charge a **discounted** rate

for your first year.

- Your first meeting is **FREE!**
- First 3 months every gym visit costs £1
- Next 4 months to 1 year, the cost per session is £1.40
- After 1 year the cost per session is £1.70

**We can help with all areas of health.**

**Ask about our Health Trainers and how they can help you get your health on track!**

**Our Food and Nutrition team cook up a storm all around the area and have sessions in the Resource Centre too**

**To find out more pick up information at reception or phone 0191 272 4244**