

What can I expect from the Exercise Referral Scheme?

A personal exercise instructor.

A personal activity plan based upon you, your medical conditions, and your current health status, what you enjoy doing, what you would like to try and your lifestyle.

A 12 week opportunity to use the gym or swim facilities or some exercise classes at your local leisure centre for reduced fees as agreed by your personal exercise instructor.

Regular contact with your exercise instructor.

Regular activity plan reviews.

Opportunity for continued membership at your local leisure centre.

Cost

Your first appointment will cost £9.50 and then you have 2 payment options;

Option 1

Pay as you go at £3.70 per gym session, aerobics or aqua aerobics class, and £3.20 per swim; or

Option 2

One off payment of £64 for 12 weeks unlimited gym, swim and exercise class.

Please note - All patients will have to pay for this service, including patients who are exempt from paying prescription fees.

East Hants Leisure Card

East Hants Leisure Card holders who join the Exercise Referral Scheme will receive an extra discount.

What do I do now?

Decide with your health referrer or GP which leisure centre is most convenient for you to attend. They will then complete a Patient Referral Form and ask you to sign it.

The signed form will then either be sent in confidence to the Fitness Manager of your chosen leisure centre or handed to you.

If the form is sent to the leisure centre, you should receive a telephone call to arrange your first appointment. If you have not received a call within two weeks of your referral, please ring the relevant centre and ask to speak to the Fitness Manager.

If you are given the form, you will need to arrange your first appointment.

You will then be sent confirmation of the appointment, along with details about what to expect, and what to wear. The first appointment fee will need to be paid on arrival at the centre.

Alton Sports Centre	01420 540040
Mill Chase Leisure Centre, Bordon	01420 472549
Taro Leisure Centre, Petersfield	01730 263996

Good luck and enjoy your new physically active lifestyle!

For more information, please contact the Active Lifestyles Coordinator at EHDC on 01730 234067

East Hampshire Exercise Referral Scheme

Information for Patients

Valid from April 2011

Get Active...
East Hampshire

NHS
Hampshire

DC LEISURE
Developing Community Leisure

Welcome to the East Hants Exercise Referral Scheme. You have been referred onto the scheme because you will benefit from increasing your physical activity levels. Taking part in the scheme will help you improve your health and wellbeing, have more energy and feel better in yourself.

How can physical activity help me?

Increasing the amount of physical activity you do can make enormous improvements to your health, wellbeing and lifestyle. A physically active lifestyle has been proven to:

- Decrease body fat and body weight
- Increase bone density
- Help lower blood pressure
- Help improve cholesterol levels
- Help stabilise blood sugar levels
- Improve lung function
- Improve mood
- Reduce stress and anxiety
- Increase energy levels
- Improve mobility

Unfortunately modern lifestyles do not encourage an active lifestyle due to increased use of cars, increased use of computers in the workplace and at home, leisure time being spent in front of the television and increasingly busy lives.

What counts as physical activity?

- ...❖ **Walking to and from school or work**
- ...❖ **Going for a lunchtime swim**
- ...❖ **Taking dancing lessons with friends**
- ...❖ **Doing housework and gardening more briskly**
- ...❖ **A game of tennis or badminton**
- ...❖ **Exercise classes**

The key to enjoying physical activity is to incorporate fun activities into your everyday life. A referral to your local leisure centre will help you get started in a safe environment and raise your awareness of the exercise opportunities available in the area.

To improve your health you should be aiming to do 30 minutes of moderate intensity physical activity on 5 or more days of the week. This can be more than 30 minutes, a whole 30 minute bout, 2 x 15 minutes or 3 x 10 minute sessions.

“After a stroke, 3 years ago, I can now walk without a stick, my general mobility has improved and especially my upper body strength and flexibility.”

Kay Davies, Stroke (64 years)

“I can’t believe how much better I feel. I have more energy and can do so much more. My diabetes is more under control”

Anna Morgan, Diabetic (53 years)

“Amazing, I have lost 5lbs since I started exercising 4 weeks ago. My stamina is also improving, what a bonus.”

Sandra Plait, Weight Loss (39 years)