

Managed by Places for People Leisure Ltd in
partnership with Waverley Borough Council



#ActivePlaces



"Feeling great."

Working out in Waverley

Information for Participants on the
Exercise Referral Scheme

www.placesforpeopleleisure.org



Whatever place you're into

What can I expect from the Exercise Referral Scheme?

1. Personal exercise instructor

A qualified exercise specialist will be allocated to you. They will devise a personal activity plan and complete activity plan reviews, in order to:

- ✓ Help you achieve your best results
- ✓ Provide safe and effective exercise
- ✓ Empower you to make positive changes to your lifestyle and become active for life
- ✓ Advise, motivate and support you

2. Regular support

Over the 12 weeks you will meet with your exercise specialist for a series of appointments:

- ✓ Registration
- ✓ Induction
- ✓ 6 & 12 week review

3. Personal activity plan

The specialist will design a 12-week tailored personal activity plan. The programme will be based on the information you and your Healthcare Professional provide regarding the following factors:

- ✓ Your current health status
- ✓ Medical conditions
- ✓ What you enjoy doing
- ✓ What activities you may like to try
- ✓ Your lifestyle

4. Affordable prices

The Exercise Referral Scheme is a 12-week opportunity to use your local leisure centre at a discounted price. On completion of the scheme, your exercise specialist will talk through all of the options to keep you active and continuing your journey to improved health and wellbeing.

What does the scheme cost?

The Exercise Referral Scheme is discounted for you and offers great value. Please contact your local Leisure Centre for more information and prices.



How can physical activity help me?

You have been referred on to the scheme because you will benefit from increasing your physical activity levels.

There is now compelling evidence that physical activity is important for health and has great potential for health gain.

Research shows that increasing the amount of physical activity you do can make significant improvements to your health, wellbeing and lifestyle.

Regular physical activity has been proven to have the following benefits:

- ✔ Decreases the risk of heart disease
- ✔ Reduces blood pressure
- ✔ Controls body weight and decreases body fat
- ✔ Improves strength, co-ordination, mobility and balance
- ✔ Reduces risk of some cancers
- ✔ Enhances immune system
- ✔ Improves mental wellbeing and reduces the risk of depression
- ✔ Lessens stress and anxiety
- ✔ Increases energy levels
- ✔ Helps manage type 1 diabetes and can help prevent type 2 diabetes
- ✔ Prevents and treats muscle and bone injuries and diseases

What counts as physical activity?

The key to enjoying physical activity is to incorporate fun activities into your everyday life. The referral to your local leisure centre helps to start you off in a safe environment and raise your awareness as to what is available in the area.

How much physical activity should I do?

To improve your health, experts recommend that you should aim to do 150 minutes of moderate intensity physical exercise each week. One easy way, is to do 30 minutes exercise on 5 days of the week. This can be one 30 minute session, 2 x 15 minute sessions, or 3 x 10 minute sessions.

You can be reassured that we will help you work towards this recommendation in a way that suits you, going at your pace and doing things that you enjoy.

Swim4Health Referral

What is Swim4Health?

Swim4Health is a pool based 6-week programme giving you unlimited access to the pool. It includes Just Swim and Lane sessions, as well as Aqua Fit classes.

You will have 2 consultations, one at the start of the 6-week programme and one at the end.

You also receive a 1 day gym & class pass.

What do I do now?

Take these 3 simple steps

1. Choose one of the local leisure centres to attend for the duration of the 12-week referral scheme:
 - Cranleigh Leisure Centre
 - Farnham Leisure Centre
 - Godalming Leisure Centre
 - Haslemere Leisure Centre
 - The Edge Leisure Centre (Haslemere)
2. Book your registration appointment with an exercise referral specialist.
3. Attend your registration appointment. Remember to take your signed 'Patient Referral Form'.

What are my responsibilities?

- ✓ Following your exercise programme as advised by the specialist.
- ✓ Advising the exercise specialist of any changes to your health or medication.
- ✓ Completing your 12-week scheme. Make the most of your referral as you only get one!

Good luck and enjoy your new physically active lifestyle.

For further information please contact:

Cranleigh Leisure Centre
01483 274400

Haslemere Leisure Centre
01428 658484

Farnham Leisure Centre
01252 723208

The Edge Leisure Centre (Haslemere)
01428 644577

Godalming Leisure Centre
01483 410500

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