

# Waverley Exercise Referral Scheme

*Information for Patients*



# What can I expect from the Exercise Referral Scheme?

## 1 Personal Exercise Instructor

A qualified exercise instructor will be allocated to you. They will devise a personal exercise programme 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 Personal exercise programme

The instructor will design a **12 week** plan based on the information you provide about:

- Current health status
- Medical conditions
- What you enjoy doing
- What you would like to try
- Your lifestyle

## 3 Reduced fees

A **12 week** opportunity to use your local leisure centre, at a discounted price. On completion of the scheme the exercise instructor will talk through all of the options available to you.

## How can **physical** activity help me?

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

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 cancer
- Enhances immune system
- Improves mental well being and reduces the risk of depression
- Reduces stress and anxiety
- Increases energy levels
- Controls diabetes
- Prevents and treats muscle and bone injuries and diseases
- Improves health well-being and lifestyle.

## What **counts** as physical activity?

The key to enjoying physical activity is to incorporate fun activities in to 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.

To improve your health experts recommend that you should be aiming to do **30** minutes of moderate intensity physical activity on five or more days of the week. This can be more than **30** minutes, one **30** minute session, two **15** minute sessions or three **10** minute sessions.

### Physical activity includes:

- Fairly heavy housework, diy or gardening
- Brisk walking, jogging or running to school/work
- Going for a lunchtime swim
- Taking part in a dance lesson or exercise class
- Playing a game of tennis or badminton
- Going to the gym
- Taking part in a football or rugby match.

“ **30** minutes of moderate physical activity on **5** or more days of the week ”

# What do I do now?

## Procedure

**1** Choose one of the local leisure centres to attend for the duration of the 12 week referral scheme:

- ▶ **Cranleigh Leisure Centre** 01483 274400

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- ▶ **Farnham Sports Centre** 01252 723208

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- ▶ **Godalming Leisure Centre** 01483 417282

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- ▶ **Edge Leisure Centre** (Haslemere) 01428 644577

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- ▶ **The Herons Swimming and Fitness Centre**  
(Haslemere) 01428 658484

**2** Book your first appointment with an personal exercise instructor

**3** Attend your first appointment. Remember to take your 'Patient Referral Form'.

## Your responsibilities:

- Adhere to the exercise programme as advised by the specialist
- Advise the exercise specialist of any changes to your health status or medication
- Complete the 12 week scheme. Failure to finish will prevent you from any future referrals.

## What does the scheme **cost**?

The initial registration fee is **£15.00**

You then have two options;

- Pay as you go: **£3.50** per gym session or group fitness class and **£2.50** per swim
- One off payment: **£60.00** for 12 weeks unlimited exercise sessions (gym, class or swim).

The scheme is Surrey wide and prices may vary between schemes.

Good luck and enjoy your new  
physically active lifestyle!

**For further information please contact:**

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**Or**

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