



Do you suffer from a medical condition that could benefit from exercise?

Exercise Referral Scheme
Information for clients



GOSPORT
Borough Council



If you feel that physical activity would benefit your health and well being, but your body and mind won't let you, then this scheme could help. For specific health conditions, Gosport Leisure Centre can offer tailored support, advice and encouragement to become more physically active through the Exercise on Referral Scheme.

How can physical activity benefit me?

Physical activity is essential for good health in terms of preventing illness and managing conditions. Increasing physical activity can help maintain a healthy weight, increase bone density, improve mobility, lower blood pressure, improve cholesterol, improve lung function, reduce stress and anxiety, improve mood and increase energy levels.

Clients with specific medical conditions, who are inactive, can be referred to the scheme through their GP or nominated health professional, where physical activity can help improve health. The specific medical conditions for referral include;

- Asthma
- Obesity (BMI over 30)
- Diabetes
- Osteoarthritis
- Rheumatoid arthritis
- Osteoporosis
- Simple Mechanical (non-specific) back pain
- Total joint replacement
- Depression
- Hypercholesterolemia
- Anxiety
- Stress
- Hypertension
- COPD (Chronic Obstructive Pulmonary Disease)

There are lots of ways to get physically active and a referral to this scheme will help you get started in a safe and supportive environment.

What can I expect from the scheme?

Friendly, dedicated and specially trained staff at Gosport Leisure Centre will provide ongoing support during the 12-week programme. You will agree a personal plan together which considers your medical conditions, preferences and interests, and your lifestyle.

The 12-week programme costs £60 (including induction and unlimited access to the gym during specific supervised sessions throughout the 12-week period and swimming during all welcome sessions.), or £10 induction fee plus £3.70 per gym and £2.35 per swim session. On successful completion of the scheme, continued membership is available. Term & Conditions apply

How can I be referred?

If you suffer from any of the specific conditions listed on the previous page and are inactive, please discuss Exercise on Referral with your GP or other health professional involved with your care. They will consider whether or not a referral to the scheme is appropriate.

If Exercise on Referral is considered appropriate in supporting improvements to your health, they will complete a referral form. You will be given the completed form, please contact Gosport Leisure Centre to arrange your initial consultation with an Exercise on Referral Instructor. Please note that you cannot be accepted onto the scheme without a referral from your GP or other health professional.

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