

What is the Exercise on Referral Scheme?

The Exercise on Referral Scheme is a 12-week programme which consists of:

- an initial consultation
- a 12-week exercise programme, tailored to meet individual needs
- a final reassessment

Classes are held weekly, throughout the programme, and are led by a qualified instructor.



Exercise on Referral Venues and Prices

GP Consultation £22.60 *

GP Pass x 12 sessions £42.00

or

Concessionary DD membership £25.00 per month

* The £22.60 consultation includes a 1-to-1 Gym Induction, personal programme and Reassessment

For more information contact:

Venues:

Sparc Bishops Castle - 01588 630243

Church Stretton - 01694 720051

Email: EOR.leisure@shropshire.gov.uk

Website: www.shropshire.gov.uk



Shropshire
Council

Exercise on Referral Scheme

at

Sparc Bishops Castle
Church Stretton



Shropshire
LEISURE
TIME



Who is Exercise on Referral for?

Exercise on Referral classes can be delivered to clients with a wide range of medical, physical or mental health conditions, including:

- Hypertension
- Hypercholesterolemia
- Asthma/COPD
- Depression/Stress/Anxiety
- Diabetes Type 1 & Type 2
- Obesity
- Osteoarthritis
- Rheumatoid Arthritis
- Joint Replacement
- Osteoporosis
- Simple Mechanical Back Pain



How would enrolling on the scheme benefit me?

Clients who have any of the conditions listed above often find that their level of physical activity is hindered, either by their physical ailment, or through a psychological fear of over-exerting themselves. The scheme allows clients to gradually build up to a suitable level of activity, in a safe environment and under the supervision of a qualified instructor.

Over time, the scheme will give clients the confidence needed to maintain a physically active lifestyle independently and experience a wide range of benefits such as:

- reduced blood pressure
- reduced risk of both heart disease and osteoporosis
- controlled body weight
- increased energy
- Improved stamina, strength, and tone of muscles, shape, appearance, confidence and posture
- reduced stress or depression

How do I enroll onto the scheme?

1. Visit Your local GP, practice nurse or health professional. To see if your eligible for the scheme.
2. Ask Them for a referral letter
3. Contact your local Shropshire council run leisure centre and book a consultation.
4. Your fitness instructor will create an exercise programme to meet your needs.
5. You will when commence your 12 week programme under supervision of your instructor.
6. At the end of your 12 week program you will have your final re-assessment
7. You can then report back to your GP with your results

