



• *The personalised exercise programme*

will help you:-

- Become active.
- Learn about the types of exercise that will benefit your health.
- How to exercise at the right level, frequency, length, and what works for you.
- It is a starting point for continuing to be active on an ongoing basis through these types of activities or alternative ones.
- The idea is that you will feel better, fitter and more confident to be active. Your health should improve and it may reduce the risk of you getting other associated health conditions.

To become involved in the scheme you need to be referred by your Health Professional. You can mention the scheme to them if you are interested in being part of it.

If your health professional isn't registered with the scheme then they can contact the Scheme Co-ordinator for more information.

Alternatively contact the Scheme Co-ordinator at CSW Sport (details on reverse). CSW Sport, the County Sports and Physical Activity Partnership for Coventry, Solihull and Warwickshire co-ordinates the scheme on behalf of NHS Warwickshire.

***If you're interested
contact your Health
Professional today!***

Tel: 024765 74889

Email: exercisereferral@cswsport.org.uk

Website: www.cswsport.org.uk/exercisereferral



Warwickshire Exercise Referral Scheme



***Want to improve your health
but don't know where to start?***



If you suffer from one of these conditions below, or something similar, then the Warwickshire Exercise Referral Scheme might be able to help you.

- *A Mental Health Condition, e.g. mild-moderate depression, anxiety, low mood*
- *A Respiratory Condition*
- *A Musculo-Skeletal Condition*
- *A Neurological Condition*
- *Hypertension*
- *Risk of Cardiovascular Disease*
- *Diabetes (Type 1 and Type 2)*
- *Obesity or being overweight*
- *Osteo / Rheumatoid Arthritis / Osteoporosis*



The scheme offers a 12 week personalised programme of physical activity, normally in a leisure centre, with the support of a qualified Instructor. It offers reduced prices for attendance.

It is for people with specific health conditions, who access health services in Warwickshire, to get, and continue to be active, to benefit their health.

Further Information

- *Referrals are made by your Health Professional e.g. GP, Practice Nurse, Physio, to a registered leisure centre of your choice.*
- *A 12 week personalised exercise programme is developed with you by a qualified Exercise Referral Instructor, and includes 1:1 consultations at weeks 1, 6/7 and 12. The activities will vary depending on your preferences and health condition. They will mainly, if not solely, be based in a leisure centre gym environment. This scheme allows for 24 visits during the 12 week programme.*
- *There is a cost involved in being part of the scheme, either on a pay per session basis, cost for the whole period, or a mix of the two, determined by the leisure centre. This is usually at reduced prices.*
- *The leisure centre offers a supportive environment for everyone. The qualified and friendly staff can help you overcome any fears of taking part. Commitment to the scheme is really important to get the best out of the programme.*

