

Warwickshire Exercise Referral Scheme

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

Do you suffer from:

- **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**

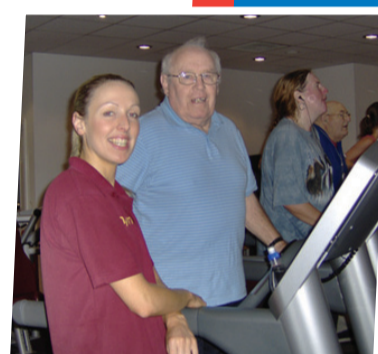
**If so, the Warwickshire Exercise Referral Scheme
may be able to help you!**

Benefits of the Scheme:

- *12 Week Personalised Programme of Physical Activity*
- *Support of a Level 3 Qualified Instructor*
- *Choice of Registered Leisure Centre at Reduced Prices*

Who is it for?:

- *People with one of the Health Conditions above*
- *People who access Health Services in Warwickshire*



**Visit your health professional,
e.g. GP, Nurse, Physio, to find out more**

Or alternatively contact the Scheme Co-ordinator below

Tel: 024765 74889

Email: exercisereferral@cswsport.org.uk

Website: www.cswsport.org.uk/exercisereferral

NHS
Warwickshire


CSWSport
Coventry Solihull & Warwickshire SPORT