

What is the Exercise on Referral Scheme?

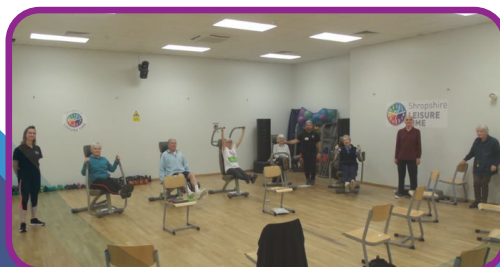
The Exercise on Referral Scheme is a 12-week programme which consists of:

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

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

At present we are offering an over 60s Strength, conditioning and balance class as a 6 week course (contact site for details).

For more information contact Venues:
SpArc Bishops Castle - 01588 630243
Church Stretton - 01694 720051
EOR.leisure@shropshire.gov.uk



Exercise on Referral Venues and Prices

GP Consultation	£27.50
The £27.50 includes consultation, plus induction, plus personal program and reassessment	
GP Session	£5.00
GP Pass x 12 sessions	£50.00
GP Package	£82.50
(Package includes: Consultation, +3 months membership and over 60s class)	
Swimming x 12 session	£40.00



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Exercise on Referral Scheme at
SpArc Bishop's Castle
Church Stretton

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 and 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 a re-assessment to discuss progression.
7. You can then report back to your GP with your results.

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