

WHY BE PHYSICALLY ACTIVE?

By now, most of us are aware that we should be doing some form of regular physical activity to keep us in good health, but few of us do enough physical activity, and many of us do nothing at all! Yet although physical activity can help us all to look and feel better, it's not always easy to know where to start.

Regular Physical Activity:

- Strengthens your heart and lungs
- Helps reduce the risk of heart disease and stroke
- Helps to decrease blood pressure
- Aids in weight control
- Improves muscle strength and tone
- Is a useful way of coping with stress
- Makes you feel good about yourself
- Helps you enjoy life to the full
- Is a good way of meeting new people
- Is FUN!

WHAT IS EXERCISE BY REFERRAL?

Exercise Referral is a scheme which allows your GP or practice nurse to refer you to a programme of physical activity.

This programme will enable you to receive expert help from someone trained in physical activity.

They will give you a specially designed programme and will help you work through this at your own pace.

The aim of the scheme is to help you to experience the many benefits that physical activity can have on YOUR health.

You do not have to already be physically active to participate in this scheme. The scheme is designed for people who are inactive.

Your doctor or nurse thinks that this scheme may help you, but you do not have to take part if you do not want to.

This scheme does NOT in any way influence the future care you will receive from your GP.

WHAT DO I DO NOW?

If you decide to use the exercise referral form that your GP/nurse has given you, you will need to make an appointment at Craven Swimming Pool & Fitness Centre to see the exercise professional:

01756 792805

The exercise professional will arrange an appointment to discuss your current fitness level and to work out a programme specifically tailored to your needs. To do this, he/she will conduct a gentle physical assessment and may measure factors such as heart rate, blood pressure, height and weight. **HOW LONG DOES THE REFERRAL LAST?**

The referral covers a period of 12 weeks for either gym or swimming. It is up to you how many sessions you attend, although we recommend 3 visits a week+ if you want to see the best results. Following assessment, frequency of attendance will be discussed with the exercise professional.

HOW MUCH DO I HAVE TO PAY?

These programmes are offered to participants at a greatly discounted price of £51.00 for the full 12 weeks, £17 p/month by direct debit also available to help spread the costs..

If you are unable to attend your appointment, please ring to let them know. You may be charged for appointments which have not been cancelled.

WHEN CAN I GO? By appointment - please note that appointments can only be made when a qualified fitness professional is available. For the first

three sessions you will work one to one with the exercise professional. After these three sessions you can still ask for further advice from the exercise Instructors available.

ACCESS FOR PEOPLE WITH DISABILITIES

Craven Swimming Pool & Fitness Centre is accessible by wheelchair, and has inclusive exercise equipment. There are disabled parking bays by the entrance.

WHAT DO I NEED?

Comfortable clothing, a towel, water bottle and a good pair of trainers. You might like to bring a change of clothes for when you have showered. Remember to bring your referral form with you.

WHAT WILL I BE DOING?

The activities you do will vary according to your specific abilities and requirements. The exercise professional will help you decide what is best for you. Some of the activities you may be doing include cycling on an exercise bike, walking on a treadmill, using exercise machines to strengthen different parts of your body, and doing some gentle stretches to improve your flexibility. The exercise leader will always be available to help you during your time at the fitness centre.

For your first few visits you will need to be supervised, but you will be encouraged to exercise more independently as your programme progresses and your confidence increases.

HOW LONG DOES IT TAKE?

The first appointment will take approximately 1 hour. After that we recommend that you allow an hour for each visit for changing and exercising. **Please remember to bring your referral form to your first appointment.**

WHAT DO I DO AT THE END OF THE PROGRAMME?

At the end of the period of 12 weeks, you will repeat the physical assessment you took initially to see how you have improved. You then return to your GP or Practice Nurse.

If you would like to continue at the gym, discounted memberships are available for 3- 12 months, the exercise professional can give you information about this.

You can also ask your exercise professional for other ideas on how to be physically active.

To arrange your first visit, you will need to contact Craven Pool and Fitness Centre. The telephone number is;- 01756 792805

ANY PROBLEMS

Please ring the exercise professional at the above telephone number or contact your GP or Practice Nurse who will be happy to discuss any concerns you may have about your ability to participate on this scheme.

WHERE TO FIND US

Craven Swimming Pool and Fitness Centre
Aireville Park
Gargrave Road
Skipton
BD23 1UD

PARKING

Extensive parking is available at the centre.



We are supporting:



'Fit 4 Life'

Exercise

Referral

Scheme

A joint initiative between the NHS

and Craven Pool and Fitness Centre.

INFORMATION for PARTICIPANTS

