

Taking the first step to become more physically active can be the most difficult. The Exercise Referral Scheme allows people to try activities in a supportive environment, working at their own pace.

What if I have not exercised before?

Don't worry! Our qualified instructors will help you identify a programme that you enjoy. You do not require specialist clothing. All you require is loose comfortable clothing and a pair of flat comfortable shoes or trainers. If you are interested in water based activity swimwear will also be required.

How do I access the scheme?

To access the scheme, you need to have the support of a GP or other healthcare professional. They will contact us and refer you to the scheme. Once a referral form is received, we will contact you with the time and date of your first appointment.

The scheme cost is as follows:

8 week course £32.00



How to contact us

If you would like to refer your patients or find out more information, please contact:

Matthew Burke
Email: matthewburke@everyoneactive.com
Phone: 01723 377500

Exercise Referral is available at
Ryedale Swim and Fitness Centre

EXERCISE REFERRAL SCHEME

HELPING EVERYONE STAY ACTIVE FOR LONGER

Exercise Referral is a tailor-made package of exercise sessions specifically for those with health problems.

Ryedale Swim and Fitness Centre
Mill lane Pickering, YO188DG

RYEDALE DISTRICT COUNCIL  **everyone ACTIVE**
Everyone Active manages this facility in partnership with Ryedale District Council

Everyone Active manages this facility in partnership with Ryedale District Council

RYEDALE DISTRICT COUNCIL  **everyone ACTIVE**



EXERCISE REFERRAL SCHEME

HELPING **EVERYONE** STAY ACTIVE FOR LONGER

The project is a 8 week tailor-made package of exercise sessions, especially for people with or at risk of developing health problems.

How can we help?

A programme of activity can be developed for participants who may have, or suffer from a wide range of conditions, including:

- Overweight
- Obese
- Diabetes
- Osteoarthritis
- High blood pressure
- Depression /Anxiety
- Asthma
- Skeletal and muscular injuries.
- Osteoporosis
- Physical disabilities Neurological problems including Parkinson's and Multiple Sclerosis
- COPD
- Chronic fatigue syndrome
- Fibromyalgia
- Rheumatoid arthritis

What does it involve?

Participants work with fully qualified instructors to develop a programme suitable to their conditions. Activities could include:

- Gym Based Exercise
- Swimming
- Walking
- Recommended classes

Participants work with fully qualified instructors at various locations throughout the borough.

What can it do for me?

Regular physical activity can:

- Reduce risk of Coronary Heart Disease and associated problems
- Reduce Blood Pressure
- Reduce Cholesterol Levels
- Increase Mobility
- Aid with Sleeping Problems
- Help with Stress and Mental Health Issues
- Regulate Blood Sugar Levels
- Increase Bone Density
- Increase Social Inclusion

