

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



EXERCISE REFERRAL SCHEME

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

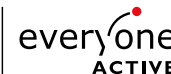
**HELPING EVERYONE
STAY ACTIVE
FOR LONGER**

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

Exercise Referral is available at Scarborough Sports Village

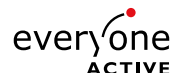
Scarborough Sports Village

Ashburn Road, Off Valley Road, Scarborough YO11 2JW



Everyone Active manages this facility in partnership with Scarborough Borough Council

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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

