

How do I access the scheme?

If your patient would benefit from participating in the Exercise Referral Scheme, please complete a Referral form with your patient and send it to the Exercise Referral Coordinator in your area by email or by post to Scarborough Sports Village. Our Exercise Referral Coordinator will contact your patient to arrange an appointment at the most convenient centre for your patient.

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 SCHEME

HELPING **EVERYONE** STAY ACTIVE FOR LONGER

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

INFORMATION FOR REFERRING PRACTITIONERS

Exercise Referral is available at Ryedale Swim and Fitness Centre

**Ryedale Swim
and Fitness Centre**
Mill lane Pickering, YO188DG



Everyone Active manages this facility in partnership with Ryedale District Council

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There is extensive evidence regarding the health benefits of structured exercise and/or physical activity. To support your patients to achieve a more active lifestyle, we deliver an Exercise Referral Scheme to improve the health and wellbeing of the local population, specifically for people with defined medical conditions.

The Everyone Active Exercise Referral Scheme:

- Is delivered by expertly qualified REPs Level 3 Exercise Referral Specialists
- Provides opportunities for sedentary individuals with underlying medical conditions, or at risk of developing medical conditions, to become more active
- Provides access to safe and effective exercise in a supervised environment
- Raises awareness of the benefits of physical activity
- Promotes long-term behaviour change.

Inactive individuals, aged over 16, with one or more of the following conditions are accepted onto the scheme:

- Overweight (BMI > 25)
- Obesity (BMI > 30)
- Osteoarthritis
- High normal blood pressure
- Mild depression, anxiety and stress
- Mild asthma
- Mild skeletal and muscular injuries.
- Seropositive HIV
- Stage one hypertension (medication controlled)
- Osteoporosis
- Physical disabilities (no other risk factors)
- Neurological problems including Parkinson's and Multiple Sclerosis (stable)
- Depression/anxiety (moderate)
- Controlled diabetes type 1 or type 2
- COPD (without ventilatory limitation)
- Chronic fatigue syndrome
- Fibromyalgia
- Moderate rheumatoid arthritis
- Early symptomatic HIV

The following conditions/individuals are **NOT** appropriate for the scheme:

- Individuals who are active to a moderate intensity for more than 60 minutes per week
- Unstable or uncontrolled cardiac disease
- Hypertension: Systolic 180 and above – Diastolic 110 and above
- Phase III cardiac rehabilitation
- Recent stroke (within 3 months)
- Individuals at high risk of falls
- Claudication
- Unstable angina
- Acute heart failure
- Palliative care
- Pregnancy
- COPD/Emphysema (with ventilatory limitation)
- Severe OA or RA
- Advanced diabetes (type 1 or 2)
- Psychiatric illness/cognitive impairment/dementia