



## WHAT IF I HAVE NOT EXERCISED BEFORE?

Don't worry! Our qualified instructors will design a programme for your level of ability. You do not require specialist clothing. All you require is loose comfortable clothing and a pair of flat comfortable shoes or trainers. If water based activity is recommended and you are happy to participate, 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 with the Exercise Referral Co-ordinator.

## HOW MUCH WILL IT COST?

The scheme allows access for 12 weeks to the facilities recommended by the Exercise Referral Co-ordinator at a substantially discounted rate. Please contact us on the details provided for up-to-date pricing information.

## SCHEME LOCATIONS AND CONTACT DETAILS

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**Ashdown Leisure Centre**  
Adastral Road, Poole BH17 8RE  
Centre Contact:  
**01202 604224**

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**Rossmore Leisure Centre**  
Herbert Avenue, Poole BH12 4HR  
Centre Contact:  
**01202 738787**

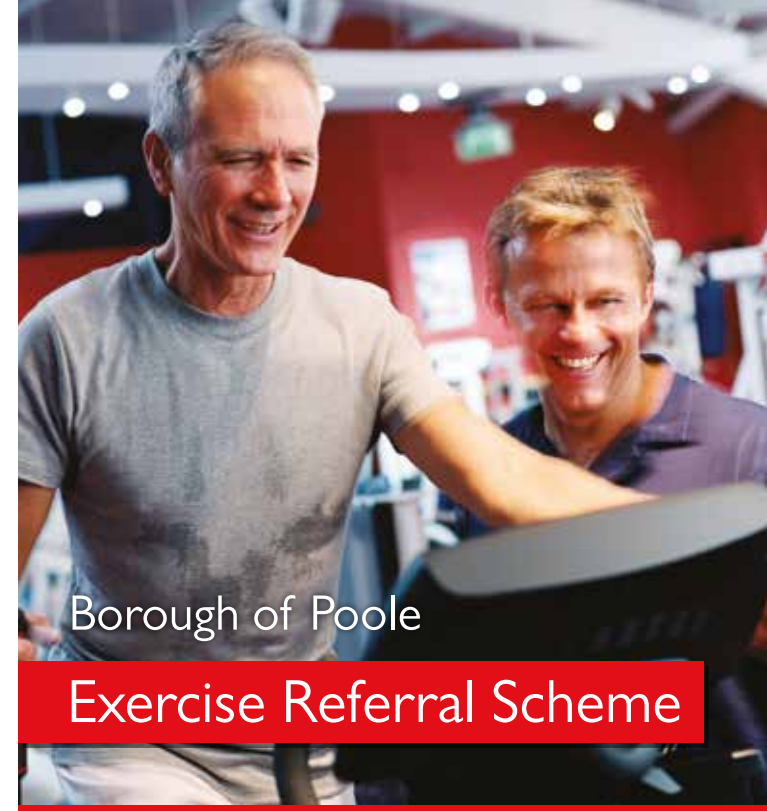
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**Poole (Dolphin) Leisure Centre** is available to use for low risk scheme members, ask your referral co-ordinator for more details



Everyone Active manages these facilities in partnership with Borough of Poole.

[www.everyoneactive.com](http://www.everyoneactive.com)

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Borough of Poole

Exercise Referral Scheme

## Patient Information

30 mins activity  
5 days a week



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The Exercise Referral Scheme is a 12-week supervised programme designed for people with, or at risk of developing health problems.



## HOW CAN WE HELP?

We provide a programme of activities suitable for participants that have a wide range of conditions and injuries including:

- Diabetes
- Osteoarthritis
- Coronary Heart Disease
- Asthma
- Obesity
- Skeletal and muscular injuries
- Osteoporosis
- COPD
- Fibromyalgia
- Arthritis
- Depression/Anxiety

## WHAT DOES IT INVOLVE?

Participants work with fully qualified instructors at Everyone Active centres in Poole to develop a programme suitable to their conditions.

Activities include:

- Gym based exercise
- Light circuit training
- Swimming
- Water based exercise, eg. Aquafit
- Walking
- Phase 3 cardiac rehabilitation

## WHAT CAN IT DO FOR ME?

The benefits of an exercise and activity plan include:

- Reduced risk of Coronary Heart Disease
- Reduced blood pressure
- Increased mobility
- Increased bone density
- Improved mental well-being
- Reduced cholesterol levels
- Increased social inclusion