

Active Rutland's Exercise Referral Scheme Can Help...

If you are aged 16+ with a longstanding health condition, we can help you to lead a healthier and more active life. We know that exercise can help to relieve symptoms of many conditions and lower your risk of illness, so we offer a scheme designed to aid you, to return to fitness.

- 65+ (falls prevention)
- Asthma
- Chronic fatigue syndrome
- COPD
- Diabetes (type 1 and 2)
- Fibromyalgia
- Heart conditions
- High blood pressure
- High cholesterol
- Inactive
- Osteoarthritis / rheumatoid arthritis
- Osteoporosis / osteopenia
- Overweight
- Physical disabilities
- Pre / post natal
- Smoking
- Stress / mild anxiety / depression
- Stroke

If you meet the criteria above, contact your health professional today to see if you could benefit from this scheme!

For further information on this scheme, please contact:

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Active
Rutland Health



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@ActiveRutland