

Exercise Referral

What does the scheme involve?

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.

Our aim:

At Active Rutland we care about your health, so our aim is simple — to get you more active. We will support you all the way along your journey and see you well on your way to a fitter and healthier lifestyle. All pathways are tailored to you so we will do our best to find the best activity for you. So if going to a gym scares you don't worry, we have plenty of other activities for you to try.

How does it work?

- **Personalised Pathway:** You will meet with our Exercise Referral Co-ordinator to discuss your preferences including the 'what's', 'where's' and 'when's' that will kick start your journey towards your personal goals.
- **Quality Exercise Professionals and Expert Advice:** Our friendly and encouraging instructors will guide you through your chosen route. Whether it's a personalised training programme or advice on the best activities for you, we will make sure you're on the right track and enjoying it too.
- **Ongoing Reviews:** We will regularly touch base to monitor progress and see if there is anything more we can do for you.

How could it help you?

We have seen people lose as much as 10 stone, lower their blood pressure to healthy ranges and reduce their need for medication. Active Rutland has helped so many people return to fitness...and we can do the same for you. We can help you to:

- Lose weight
- Boost your self-esteem
- Make new friends
- Improve sleep
- Reduce blood pressure
- Reduce pain
- Improve your quality of life



What's on offer?

Active Rutland Hub

- Falls Prevention
 - Lower Back
- Weight Management (£3 per session)

Contact Details

Oakham Enterprise Park, Ashwell Road, Oakham, Rutland, LE15 7TU
01572 758200
activerutlandhealth@rutland.gov.uk
www.activerutland.org.uk

Catmose Sports Centre

- Full Class Programme
 - Gym Sessions
- Heart Smart (Cardiac Rehab)
 - Swimming Sessions
 - Weight Management (£3 per session or £23 per month)

Contact Details

Huntsmans Drive, Oakham, Rutland, LE15 6RP
01572 490030
enquiries.catmose@sll.co.uk
www.sll.co.uk/enterprise/Catmose

Uppingham School Sports Centre

- Full Class Programme
 - Gym Sessions
 - Swimming Sessions (£3 per session)

Contact Details

Leicester Road, Uppingham, Rutland, LE15 9SE
01572 820830
ussc@uppingham.co.uk
www.sportscentre.uppingham.co.uk

Inspire2tri

- Active Rehabilitation Classes (£6 per session)
 - Falls Prevention (£3 per session)

Contact Details

Studio Barn, St Mary's Road, Manton, Rutland, LE15 8SU
01572 244224
info@inspire2tri.com
www.inspire2tri.com

Once you have been referred by a health professional, our Exercise Referral Co-ordinator will be in contact to get you started on your journey. If you have any questions before then, please contact Active Rutland on activerutlandhealth@rutland.gov.uk or 01572 758200 for further information.



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www.activerutland.org.uk


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