

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.

HOW MUCH WILL IT COST?

There is a small charge for use of the facilities, which is £2.00 - £4.50 per session.

HOW TO CONTACT US

If you would be interested in accessing this service, or would like any further information, please contact:-

Redcar, Marske & New Marske

Angie Garcia
Fitness Manager
01642 480636
07714 921108
angelagarcia@everyoneactive.com

Greater Eston, Guisborough & Nunthorpe

Louise Coupland
Fitness Manager
01642 447724
07714 921107
louisecoupland@everyoneactive.com

Loftus & Saltburn

Sue Rowell
Fitness Manager
01287 642020
07714 921109
suerowell@everyoneactive.com

CALL NOW TO FIND OUT MORE

Eston Sports Academy

Normanby Road, South Bank,
Eston, Cleveland TS6 9AE
01642 452 488

Guisborough Swimming Pool

Howlbeck Road, Guisborough,
Cleveland TS14 6LE
01287 633311

Loftus Leisure Centre

Deepdale Road, Loftus,
Cleveland TS13 4RS
01287 642020

Redcar Leisure Centre

Majuba Road, Redcar,
Cleveland TS10 5BJ
01642 480636

Saltburn Leisure Centre

Marske Mill Lane, Saltburn,
Cleveland, TS12 1HJ
01287 623761



Everyone Active manages these facilities in partnership with Redcar and Cleveland Borough Council.

WWW.EVERYONEACTIVE.COM



Redcar & Cleveland Exercise Referral Scheme

30 mins activity
5 days a week

30 mins activity
5 days a week

everyone
ACTIVE
Feel better for it

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Redcar & Cleveland Exercise Referral Scheme

The project is a 12 week tailor made package of exercise sessions, especially for people with health problems.

HOW CAN WE HELP?

A programme of activity can be developed for participants who have a wide range of conditions including:

- Type 2 Diabetes
- Mobility Problems
- Obesity
- Hypertension
- Coronary Heart Disease
- Chronic Obstructive Pulmonary Disease
- Osteoporosis



JOIN
NOW!

WHAT DOES IT INVOLVE?

Participants work with fully qualified instructors at various locations throughout Redcar & Cleveland to develop a programme suitable to their conditions.

Activities could include:

- Gym Based Exercise
- Chair Based Exercise
- Light Circuit Training
- Gentle Exercise Classes
- Swimming
- Water Based Exercise, eg. Aquafit
- Walking

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

Those who are physically inactive often find the first step into exercise 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.



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