



Health through **Acti**♥**ity**

Exercise Referral Programme

What is it?

The Exercise Referral Programme in Middlesbrough has been helping people become fitter and more active for over 15 years. Some health conditions can be improved through lifestyle changes, and increasing your physical activity levels by even a small amount can have a huge effect. Sometimes though it's difficult to know where to start, that's where Active Middlesbrough comes in!

We can provide you with realistic, achievable, and enjoyable activities designed to suit your lifestyle and tailored to your needs.

Who is it for?

Health Through Activity is designed for anyone who is not currently active and those with a health condition, who would benefit from physical activity. The programme gives you the opportunity of accessing a wide variety of high quality activities to improve your health and well being.

How do I get involved?

You need to be referred to the programme by your GP or Practice Nurse. Talk to them

about your interest in becoming more active. If they feel the programme is appropriate for you they will refer you to the exercise referral co-ordinator. Once you have been referred the co-ordinator will contact you with more information and a start date.

What activity would I do?

There are a number of options that are designed to suit the level of support, advice and guidance you may need to get started. You will be directed to the sessions that are most appropriate for you. Activities include gym based exercise, gentle exercise classes, swimming and weight management sessions. Health Through Activity is run by Middlesbrough Council's 'Active Middlesbrough' Service, and sessions take place in four of our leisure facilities across the town.



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REFERRAL OPTIONS

We have a number of options which are designed to suit the level of support, advice and guidance you may need to get started. Please see below for a brief description of each programme.

Health Induction

This programme is ideal for you if do not have a health issue but are interested in being active and staying healthy. You will be offered a one hour comprehensive induction to one of Active Middlesbrough's Gyms, an individual training programme to address your specific needs, a programme review after 6 weeks, a Wellness key to manage and monitor your progress and vouchers to two fitness classes or activities that fit your training profile. Health Inductions can be arranged at a time that suits you. A one off fee of £10 will be charged.

General Exercise Referral Programme

This 12 week programme of supervised sessions is held at Clairville Stadium and Southlands Centre and is appropriate for you if you have an existing medical condition such as diabetes, high blood pressure, arthritis etc. Activities are varied and include gym based exercise, gentle exercise classes and multi activity sessions. Our specialist exercise referral instructors supervise you throughout your 12 week programme and are always on hand to offer encouragement and support. These daytime sessions are held Monday to Thursday. Session price is £2.00

Aqua Fit

Based at the Neptune Centre, this 12 week programme is held on a Monday 3.00pm - 3.50pm. The session is led by an exercise referral instructor who ensures the exercise is safe and appropriate for you. This is an enjoyable, effective and gentle form of exercise, which conditions all the major muscle groups as well as the heart and lungs. Those who do not want to join in the aqua fit session are welcome to have a swim. Session price is £2.00

Weight Management

This 10 week programme is delivered by our qualified weight management leaders. Each week you will receive guidance, advice, hints and tips to help you lose weight and maintain your ideal weight. Physical activity forms part of the programme, and you will be encouraged to exercise at your own pace. These sessions are held at the Rainbow Centre. Session price is £2.00

New Life New You

New Life New You is a physical activity and lifestyle intervention programme delivered by Active Middlesbrough. The programme specifically targets Men and Woman who are between the ages of 40-65 years old, live in Middlesbrough and are at risk of developing Type 2 Diabetes. You will be supported and encouraged by the delivery leads to be more physically active and to make simple but sustainable changes to your diet. You will be offered further support once you have completed the initial 8 week programme. Session price is £2.00

Chair Based Exercise

Based at Southlands Centre this 12 week programme is held on a Thursday 11.30am - 12.30pm. This chair based session is ideal for you if you would like to keep active but find some exercise classes too strenuous for you. The exercise is done at a pace to suit everyone, and is designed to improve strength and balance, and maintain independence. Anyone can attend this session, but if you have a health condition please ask your GP or practice nurse to refer you. Session price is £2.00

Contact Details

If you would like more information about the Health Through Activity programme please call the exercise referral co-ordinator on **01642 515615** or email **SportsDevelopment@middlesbrough.gov.uk**



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www.middlesbrough.gov.uk/activemiddlesbrough


Middlesbrough
moving forward