

Taking the first step to become more physically active can be 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.

## 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?

Initial consultation fee..... £10.00  
 Pay per month ..... £25.00  
 Paid in full for 12 weeks ..... £58.20  
 Additional payment options are available.

## CALL NOW TO FIND OUT MORE

**Everyone Active Acton Centre**  
 Acton Town Hall, High Street, W3 6NE  
**020 8825 9001**

**Southall Sports Centre**  
 Beaconsfield Road, Southall, UB1 1DP  
**020 8571 8871**

**Northolt Leisure Centre**  
 Eastcote Lane North, Northolt, UB5 4AB  
**020 8423 7436**

## HOW TO CONTACT US

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

Austin Lumley  
 Exercise Referral Manager  
 austinlumley@everyoneactive.com  
 07740 433240



# Ealing Council Exercise Referral Scheme

**30 mins activity**  
**5 days a week**

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**5 days a week**



Everyone Active working in partnership with Ealing Council.

[WWW.EVERYONEACTIVE.COM](http://WWW.EVERYONEACTIVE.COM)



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**Ealing Council**

# Exercise Referral Scheme

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

**JOIN NOW!**



## HOW CAN WE HELP?

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

- Overweight
- Obese
- Diabetes
- Osteoarthritis
- High blood pressure
- Depression / Anxiety
- Asthma
- Muscular and skeletal injuries
- Osteoporosis
- Physical disabilities Neurological problems including Stroke, Parkinson's and Multiple Sclerosis
- COPD
- Chronic fatigue syndrome
- Fibromyalgia
- Rheumatoid arthritis

## WHAT DOES IT INVOLVE?

Participants work with fully qualified instructors at various locations across Ealing to develop a programme suitable to their conditions. Activities could include:

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

## 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



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**everyone**  
HEALTH