



The Everyone Active **EXERCISE** **REFERRAL SCHEME**

What is the Exercise Referral Scheme?

Everyone Active's Exercise Referral scheme is designed to help individuals with long-term health conditions increase their physical activity to enhance their health and wellbeing.

Our goal is to provide a safe and welcoming environment within our leisure centres where everyone can become more active, whilst raising awareness about the benefits of physical activity and fostering long-term behaviour change.

Who can refer to our exercise referral programme?

All health professionals including social prescribers can refer individuals to an exercise referral specialist at their chosen Everyone Active Centre by using the secure Everyone Active Referral webform.

Find out more at

www.everyoneactive.com/content-hub/health/gp-referral/
or scan the QR code at the bottom of this leaflet.

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TO TRANSFORM THE WELLBEING OF COMMUNITIES



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UNDEFEATABLE**

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What does the scheme look like?



Week 1 - Initial Consultation

The Exercise Referral instructor will assess the individuals health condition and answers to an initial questionnaire to create a 12-week programme tailored to help them manage their condition more effectively and confidently.



Week 6 - Review Session

At the 6-week mark, the instructor will review the individuals progress, adapt their programme if needed, offer additional support, advice and a Q&A session to assist in their transition to a healthier lifestyle.



Week 12 - Evaluation

At the end of the 12-week programme, the instructor will evaluate the individuals progress, providing continued support and recommendations for ongoing activity.

Specialist Activities

For many individuals with long-term health conditions or impairments, swimming and aquatic activities offer significant health benefits. However, specific health conditions or impairments may require special considerations to ensure a safe and enjoyable experience.

Activities vary by centre and may include health walks, walking sports, chair-based exercises, quiet/supported gym or swim sessions, community sessions, rehabilitation and Good Boost programmes.

DISCOUNTED MEMBERSHIP AVAILABLE

Individuals are offered our Exercise Referral membership with a 25% discount, or they can opt to pay for activities as they go.

They also receive a complimentary 12-week personalised programme.

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