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# Exercise Referral at Carre's Grammar School Fitness Facility

## What is Exercise Referral?

The Exercise Referral programme is designed for those individuals who have been identified by their GP, nurse or medical professional as people who need to increase their physical activity levels for health reasons.

This is a 12-week **FREE** physical activity programme, consisting of an initial assessment, physical activity sessions, regular programme monitoring and final evaluation session. Exercise Professionals designing your programme are qualified practitioners, who hold an Exercise Referral qualification. On completion of the programme, all clients are encouraged to continue physical activity regularly through various exit routes.

Your exercise programme is a specifically designed workout plan to meet your ability, likes and medical needs. Hopefully, this will improve your overall health and fitness.

## Benefits of Exercise

You can benefit from exercise physically, mentally and socially.

People who do regular activity have a lower risk of many chronic diseases, such as heart disease, type 2 diabetes, stroke and some cancers. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.

Sedentary lifestyle, such as spending hours sitting down watching TV or playing computer games is thought to increase your risk of many chronic diseases, such as heart disease, stroke and diabetes, as well as weight gain and obesity.

### Recommended Physical Activity Levels:

Adults should aim to do 150 minutes of moderate intensity physical activity each week.

### Referral Outreach Session

Gentle Exercise at  
Billinghay Village Hall  
Wednesdays 1.30pm – 2.30pm  
Participants must be referred by a  
Medical Professional  
For more information contact:  
01529308742

### Carre's Grammar School Fitness Facility

Northgate  
Sleaford  
Lincolnshire  
NG34 7DD  
01529 308742

[fitness@carres.lincs.sch.uk](mailto:fitness@carres.lincs.sch.uk)

Opening Times  
Monday to Friday 2.00pm to 9.00pm  
Saturday and Sunday 9.00am to 3.00pm



"Tour De Lincolnshire Gym Challenge"  
here at Carre's Grammar School Fitness  
Facility.

"If exercise were a pill, it would be  
one of the most cost-effective  
drugs ever invented"

Dr Nick Cavill

# Get Inspired

## Victoria Arnolds' Weight Loss Success Story

Vikki was referred onto the programme as she was struggling with pains in her joints, mainly due to her weight. After being referred in November last year from the physiotherapy unit, Vikki has gone on to lose 63lbs, been signed off from the physio and is still continuing exercising four times a week and eating a healthy balanced diet.

"Before losing the weight I was fed up and felt like it would never happen. I was scared about being in a gym environment but here I feel completely at ease due to the staff and other members. Exercising has boosted my confidence, as well as increasing my energy levels."

"Continuing exercise after the scheme is vital. Regular weigh ins and programme reviews help keep me focused and motivated. I have quit smoking and changed my whole lifestyle for the better."

Do **you** feel inspired?

Vikki is one of many inspirational members here at Carre's Grammar School Fitness Facility, and you could be the next. See information below to get involved!

All clients featured in this publication have provided their consent for this information to be shared.

### Does my GP Surgery refer into the Exercise Referral Scheme?

The below surgeries are currently referring organisations:

- Billingham
- Caythorpe and Ancaster
- Church Walk
- Millview Medical Centre
- Metheringham Surgery
- New Springwells
- Ruskington
- Sleaford Medical Group
- Willows MHRT



December 2012

May 2013

"I am going on holiday in August 2013 and never thought I'd be able to wear a bikini, I can't wait!" **Vikki Arnold**

## How do I get involved?

Ask yourself these two questions...

1. Do I need to increase my current physical activity levels in order to improve my health – mentally or physically?
2. Am I ready to make a change to my lifestyle?

If you answer yes to **both** of the above, then the Exercise Referral Scheme is for you.

Speak to your Medical Professional; GP, nurse, physiotherapist, cognitive behavior therapist to see if you qualify for the scheme. One of the key necessities is to be ready to make a change. The Exercise Professionals are there to support and guide you, however, the decision to make a change is up to you.

For more information or advice on the Exercise Referral Scheme contact Nigel Stephenson or Lauren Flint on the above contact details at Carre's Grammar School Fitness Facility.