



partnershipnk
working together in North Kesteven

Lincolnshire
COUNTY COUNCIL
Working for a better future

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:
01529 308742

Carre's Grammar School Fitness Facility

Northgate
Sleaford
Lincolnshire
NG34 7DD
01529 308742

fitness@carres.lincs.sch.uk

Opening Times
Monday to Friday 2 pm to 9 pm
Saturday and Sunday 9 am to 3 pm



"Since my heart attack 9 years ago I consider my gym attendance to be an important aspect of general medication for my condition".

Tony Frith OBE, gym member

Get Inspired

Terry Ingamell's Success Story

Terry started on his Exercise Referral programme in January 2013, to help him lose weight. He began his 12-week referral weighing 112kg, and at first found it very hard to come twice a week. "I was disappointed after the first 6 weeks as I hadn't lost much weight but I kept going and after 7-8 weeks it got easier!"

After 20 weeks Terry's weight had reduced to 105kg so he was then also referred onto Weightwatchers, where he improved his diet and lost a further 6kg!

"One of the best things that I have found is that I can now garden with ease, go for long walks and ride a bicycle". He now feels much fitter and continues to visit the gym for enjoyment.

"I wish that I had done it years ago!"

Do you feel inspired and motivated by Terry? If you get referred we could be printing your success story here next time!

All clients featured in this publication have provided their consent for their 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

Am I eligible to be referred?

The following medical conditions are eligible to be referred onto the Exercise Referral programme:

- Diabetes
- Heart Disease
- Obesity (BMI 30+)
- Mental health condition
- Muscular skeletal conditions

Please note that all medical conditions must be in a stable condition with no contraindications. This will be assessed by staff at the initial consultation.

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