

Schemes delivered at:



Broadbridge Heath Leisure Centre  
Wickhurst Lane  
Broadbridge Heath  
Horsham  
RH12 3YS  
01403 211311



Chanctonbury Sports and Leisure  
Spierbridge Road  
Storrington  
RH20 4PG  
01903 746070



Henfield Leisure Centre  
Kings Field  
Henfield  
BN5 9QE  
01273 494984



Pavilions in the Park  
Hurst Road  
Horsham  
RH12 2DW  
01403 219200



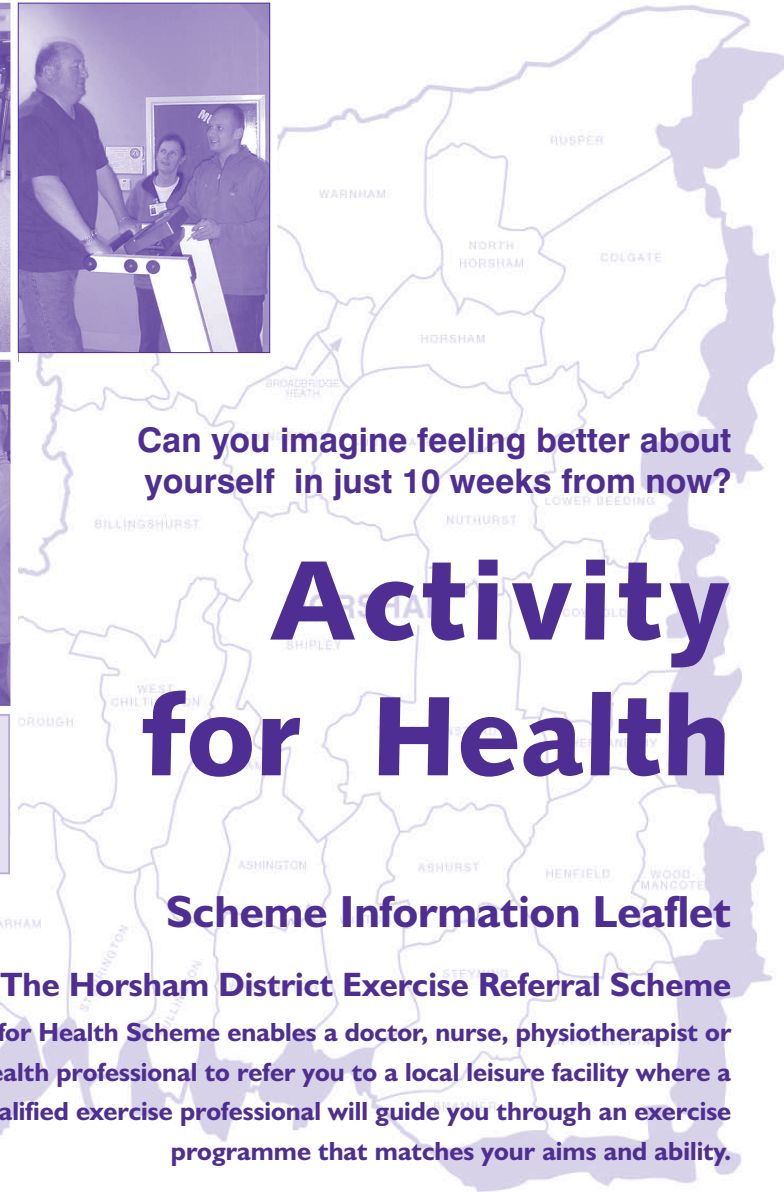
Southwater Leisure Centre  
Pevensey Road  
Southwater  
RH13 7XZ  
01403 733208



Steying Leisure Centre  
Horsham Road  
Steying  
BN44 3AA  
01903 879666



Billingshurst Leisure Centre  
Station Road  
Billingshurst  
RH14 9RY  
01403 787500



Can you imagine feeling better about yourself in just 10 weeks from now?

# Activity for Health

## Scheme Information Leaflet

### The Horsham District Exercise Referral Scheme

The Activity for Health Scheme enables a doctor, nurse, physiotherapist or other health professional to refer you to a local leisure facility where a qualified exercise professional will guide you through an exercise programme that matches your aims and ability.

## WHY EXERCISE?

Physical inactivity, a sedentary lifestyle and the pressure of modern life all pose a serious threat to the human body.



Regular exercise can:

- Improve the health and efficiency of your heart and lungs
- Help to normalise blood pressure and reduce cholesterol levels
- Help you to relax and cope with anxiety and stress
- Improve sleep patterns
- Control weight, improve body shape and posture
- Mean the difference between dependence and independence
- Increase your energy levels
- Keep common ailments, such as colds and influenza, at bay
- Improve flexibility and range of movement
- Improve your self confidence and sense of well being
- Help you feel good physically, emotionally and psychologically

## ACTIVITY FOR HEALTH SCHEMES

These are schemes that enable health professionals to refer you to your local leisure centre where a qualified exercise professional will develop a specific programme for you.

You must be prepared to attend twenty appointment-based sessions of exercise, preferably within a ten-week period.

## HOW DO I START?

Not all health professionals are members of the scheme but the usual start point is with your doctor or practice nurse. If they are scheme members they will provide you with a signed 'Exercise Referral Card' which details

## WHAT THE SCHEME WILL NEED FROM YOU IS:

Commitment to attend at least 20 sessions within a 15 week period. Attendance at the consultations with the exercise referral co-ordinator (the exercise professional)

**Please note:** Not all health professionals or practices are signed up to the Activity for Health Scheme. The decision as to whether exercise is an appropriate treatment for your condition rests with the health professional. At the time of going to press (February 2008) most centres now have exercise professionals, qualified to deliver Cardiac Phase IV Rehabilitation programmes.

If you have been referred by a health professional and have sent in your referral card but have not been contacted within 21 days, please ring the Exercise Referral Co-ordinator at your chosen centre.

If you are not satisfied with the service you receive then please contact the Exercise Referral Co-ordinating Officer at Horsham District Council on 01403 215265 (Monday to Wednesday).

## Horsham Health Walks Scheme

Horsham Health Walks run in parallel with leisure centre based exercise referral schemes but are not governed by the same rigorous client assessment. Essentially, if a client turns up, completes and signs a Physical Readiness Questionnaire (PAR Q) and no issues are identified that would require them to seek medical advice before walking, they can join the activity.

Walking is a great form of exercise. It can be incorporated easily into everyday life, regardless of how fit or how old you are. Walking is especially important for those with specific health problems or with very limited fitness. It can also play a major role in helping maintain a good level of fitness and keeping illness at bay. What's more, it's free. The monthly health walk programme can be viewed on the website [www.horsham.gov.uk](http://www.horsham.gov.uk), under tourism and leisure.

The main benefits of walking regularly are as follows:

- Walking can prevent and manage heart disease.
- Regular walking can help reduce weight, prevent weight gain, strengthen bones and reduce osteoporosis.
- Regular walking can improve balance, co-ordination and flexibility, which helps to prevent falls.
- Exercise can help relieve anxiety and depression.
- Walking in a group can be both relaxing and sociable. You can make new friends and get that feel good factor. Walking is good for the soul (or should that be sole?).

For all the walks, just turn up. You may also ring if you wish to find out more in advance. If you are unsure whether the walk will be right for you, or need advice on clothing/footwear required, the leader will be happy to discuss any queries with you. So give them a ring, or contact the Health Walks Co-ordinator, Jill Shuker 01403 215269.

Come and join us, and reap the benefits.