Exercise Referral is a tailor-made package of exercise sessions specifically for those with health complications.

HELPING STAY ACTIVE FOR LONGER
EXERCISE REFERRAL SCHEME

How do I get started?
Your GP or health professional can refer you to the Exercise Referral Scheme by completing the necessary referral form.

Our role is to help you become more active and to:
- Encourage you to start a suitable exercise programme
- Encourage you to adopt a healthier lifestyle
- Advise you on how to exercise safely
- Offer you access to special discounts and group exercise sessions
- Assist you with queries
- Support you throughout the programme.

How much will it cost?
Participants are required to attend at least 2 sessions weekly.
Pay As You Go (per session).........................£3.20
Membership discounts are available upon competition of the scheme.

Please note that continuation of membership offers is subject to you successfully completing the scheme.

How to contact us
If you would like to find out more information please contact Everyone Active Exercise Referral Scheme at:

Hornchurch Sports Centre
Harrow Lodge Park,
Hornchurch Road,
Hornchurch, RM11 1JU

Central Park Leisure Centre
Gooshays Drive, Harold Hill,
Romford, RM3 9LB

Sapphire Ice & Leisure
24 Western Road, Romford RM1 3JT

01708 463190
haveringexercisereferal@everyoneactive.com

Everyone Active manages these facilities in partnership with London Borough of Havering.
What is Exercise Referral?
It’s not about pounding the gym, there are a whole range of opportunities inside and outside of our Havering Leisure Centres that you can participate in.
You will be supported by a qualified member of the exercise referral team, helping you to enjoy and maintain physical activity as part of a healthy lifestyle.

Who is Exercise Referral for?
Any adult who already has a pre-existing or health risk condition, which can benefit from exercise or those at risk through a non-active lifestyle, can be referred.

You can be referred to the scheme for any of the following health conditions:
- Asthma
- Chronic Fatigue Syndrome
- Chronic lower back pain
- COPD (mild)
- Depression/anxiety
- Diabetes
- Early symptomatic HIV
- Fibromyalgia
- High blood pressure
- Hyper/hypothyroidism
- Hypercholesterolemia
- Multiple Sclerosis
- Musculoskeletal pain
- Overweight/Obesity
- Osteoarthritis
- Osteoporosis
- Parkinson’s
- Physical disabilities
- Rheumatoid Arthritis
- Seropositive HIV
- Stroke/TIA (> 3months ago)

What does the scheme involve?
We provide support, advice and encouragement from our fully qualified GP Referral Exercise Specialist, who will design and guide you through your own personalised fitness plan subject to your medical conditions and physical abilities.

Activities may include:
- Gym based activities
- Group exercise classes
- Swimming
- Water based activities e.g. Aqua Fit
Activities are dependent on your medical condition(s).

What can the scheme do for me?
Regular physical activity can:
- Reduce risk of Coronary Heart Disease
- Reduce blood pressure
- Reduce cholesterol levels
- Increase mobility
- Help with stress and mental health issues
- Regulate blood sugar levels
- Help to maintain a healthy weight
- Help improve strength and stamina
- Help increase energy levels
- Help improve flexibility and balance
- Aid sleep

Ask about Low Risk Referral and anytime facility use