

WHAT DOES IT COST?

There are a number of payment options available to suit you. If you make an appointment with our referral consultants, they will give you more details.

DISCOUNT EXERCISE REFERRAL MEMBERSHIP



- GP Referral Classes including low impact circuits, Cardiac/COPD Rehabilitation classes
- Discounts available on activity sessions including Gym, Swim, Group Exercise and Court Bookings
- Free Activity Planner
- Nutritional, exercise & lifestyle referral support

Only relevant personal and medical information will be requested to complete the necessary referral forms. The information obtained will be kept secure at all times and will only be accessed by the exercise referral team.

30 mins activity
5 days a week

WHAT HAPPENS WHEN I FINISH?

At week 10 of the programme, you will have gained the confidence, knowledge, motivation and skills to exercise independently without the support of the Exercise Referral Team.

To continue with the benefits of exercise you should participate in 30 minutes of moderate exercise at least 5 times a week.

At your final consultation, we will recommend which activities you should continue with to maintain and develop your exercise levels.

Finally, you will be given the opportunity to take out a membership at a discounted rate. This will be discussed with you towards the end of your programme.

"THIS SCHEME IS AIMED AT HELPING YOU TO ENJOY AND MAINTAIN PHYSICAL ACTIVITY AS PART OF A HEALTHY LIFESTYLE, AS WELL AS HELPING TO INCREASE YOUR STRENGTH AND FLEXIBILITY"

Epping Sports Centre
25 Hemnall Street, Epping
Essex CM16 4LU
01992 564564

Loughton Leisure Centre
Traps Hill, Loughton
Essex IG10 1SZ
01992 564574

Waltham Abbey Swimming Pool
Roundhills, Waltham Abbey
Essex EN9 1UP
01992 716733

Ongar Leisure Centre
The Gables, Fyfield Road,
Ongar, Essex CM5 0GA
01277 363969

These facilities are managed by Everyone Active on behalf of Epping Forest District Council.

WWW.EVERYONEACTIVE.COM



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ACTIVE
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EPPING FOREST Exercise Referral Scheme

DISCOUNTS AVAILABLE

HELPING YOU KEEP HEALTHY



DO YOU HAVE ONE OF THESE HEALTH CONDITIONS?

- High Cholesterol • Diabetes
- High Blood Pressure
- Osteoarthritis • Obesity
- COPD • Heart Conditions
- Depression/Anxiety/Stress

IF SO, WE CAN HELP!

We can advise you on:

- Personal confidential assessments and consultations
- Phase IV rehabilitation classes for cardiac and COPD
- Group exercise classes
- Low impact circuits

TRY SWIMMING & GROUP EXERCISE CLASSES

30 mins activity
5 days a week

SEE INSIDE FOR DETAILS

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DISCOUNT
MEMBERSHIP
OFFER

HELPING
YOU KEEP
HEALTHY

HOW DO I GET STARTED?

Your GP or health professional can refer you to the Exercise Referral Scheme at our Leisure Centres by completing the necessary referral form. Why not ask them about it?



WHAT IS EXERCISE REFERRAL?

It's not about pounding on the treadmill, there are a whole range of opportunities inside and outside of our 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.

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
- Assist you with queries
- Support you throughout the programme

WHO IS EXERCISE REFERRAL FOR?

Residents who already have a pre-existing or health risk condition or those at risk through a non-active lifestyle, and who can benefit from exercise, can be referred.

You can be referred to the scheme for any of the following health conditions:

- High Blood Pressure
- Diabetes
- Obesity (BMI greater than 30)
- Osteoarthritis
- Chronic Obstructive Pulmonary Disease (COPD)
- Heart Conditions
- Depression/Anxiety Stress, including postnatal depression

30 mins activity
5 days a week

WHAT WILL I LEARN BY PARTICIPATING IN THE SCHEME?

During the sessions you will learn how physical exercise can positively effect your health and well-being. You will have the opportunity to meet new people, understand your body's needs and enjoy yourself.



WHAT ARE THE BENEFITS OF REGULAR PHYSICAL EXERCISE?

Regular physical exercise can benefit your heart, weight, muscles and mind. 30 minutes of activity 5 days a week can help protect you from developing health problems, or assist you to manage and control existing problems.

In the centre, you will have access to our range of exercise experiences plus, away from the Leisure Centre, you can record your activity on our daily activity planner.

