



# Exercise Changes Lives

[www.molevalley.gov.uk/referral](http://www.molevalley.gov.uk/referral)



**MoleValley**  
District Council

## Case Studies



**Dr Raj Sekhon**  
GP, Medwyn  
Surgery Dorking

“It’s great to know that patients will really benefit from this scheme. I like the idea of my patients improving their general health and fitness as part of the referral. Yes, it’s about getting more active and physically healthy, but exercise also brings many other benefits. The social side of attending the leisure centres on a regular basis can help to combat loneliness and depression experienced by people of all ages.

At the Medwyn surgery, we find patients embrace being referred for exercise, especially when they know they are being monitored by professionals to guide them along the way.”



**Hannah Challis**  
Fitness Instructor,  
Dorking Sports  
Centre

“Coming along to the gym or pool as part of the Exercise on Referral scheme helps break down those barriers that people often feel are preventing them from getting fitter.

Our friendly, qualified instructors will tailor an exercise programme to meet your personal goals and limitations, to make you feel confident when exercising.

We’ve had some wonderful results, with those on the scheme achieving excellent improvements in their weight, energy levels, stamina, strength and general health.

Participants have become committed to continuing with exercise post course, so it has become a way of life for them. It’s sociable too and instructors are always on hand to advise and assist.”

## Dorking

Dorking Sports Centre  
Reigate Road, Dorking  
RH4 1SN

[www.placesforpeopleleisure.org](http://www.placesforpeopleleisure.org)  
[enquiries@dorkingsportscentre.co.uk](mailto:enquiries@dorkingsportscentre.co.uk)  
01306 870 180

## Leatherhead

Leatherhead Leisure Centre  
Guildford Road, Leatherhead  
KT22 9BL

[www.leatherheadleisurecentre.com](http://www.leatherheadleisurecentre.com)  
[leatherhead-gymteam@fusion-lifestyle.com](mailto:leatherhead-gymteam@fusion-lifestyle.com)  
01372 377 674



“Our friendly, qualified instructors will tailor an exercise programme to meet your personal goals.”

[moretomolevalley](https://www.facebook.com/moretomolevalley)

[@MoleValleyDC](https://twitter.com/MoleValleyDC)

[Molevalleydc](https://www.youtube.com/Molevalleydc)

**For more information see:**

[www.molevalley.gov.uk/referral](http://www.molevalley.gov.uk/referral)  
01306 885 001  
[partnerships@molevalley.gov.uk](mailto:partnerships@molevalley.gov.uk)

# What is Exercise on Referral?

Exercise on referral is Mole Valley District Council's programme of supervised activity at Dorking Sports Centre or Leatherhead Leisure Centre for the prevention, improvement and/or medical management of individual health conditions.

Referrals to the programme can be made by health professionals including GPs, physios, mental health professionals, district nurses and occupational therapists.

Once your referral has been made, you arrange an initial consultation at the facility of your choice (Leatherhead or Dorking) where a trained instructor will explain the scheme and begin to design a safe exercise programme to suit your needs. Your instructor will also provide information on nutrition, healthy living and ensure you are comfortable with your programme.

The programme provides 20 exercise sessions, which are preferably completed within a 10 week period. The first, middle and final sessions will be supervised on a one-to-one basis. A qualified instructor is available for all the other sessions.

Ask your health professional if you are eligible for the scheme!

# Is it for me?

## Inclusion Criteria:

- Those whose activity levels are sedentary or inactive
- Those who have the capacity and motivation to increase their levels of physical activity
- Those who want support to become more active

## In conjunction with at least one of the following:

- Type 1 or type 2 diabetes
- Hypertension (<180/100mmHg)
- Hyperlipidaemia (>5mmol/l)
- BMI>30 (BMI<25 if another risk factor is present)
- Chronic respiratory disease
- Neurological conditions such as Multiple Sclerosis
- Asthma/COPD
- Peripheral vascular disease
- Stable angina
- Diagnosed coronary heart disease
- Osteoporosis
- Long standing back pain
- Arthritis
- Physical disabilities where independent physical activity is suitable
- People with mental health conditions e.g. depression and anxiety

# Benefits

- Introduction to exercise with a trained professional to support and advise you
- Choice of gym-based exercise or swimming, or a combination of both
- Friendly face to greet and assist you with your exercise programme
- Low cost exercise sessions, with the option at the end of the course to join the facility at a special rate
- Reduce your risk of heart disease and osteoporosis
- Manage your weight, diabetes or depression
- Lower your blood pressure, cholesterol and stress levels
- Increase your muscle strength and joint flexibility
- Improve your self esteem and general mood

# How it Works



## One-to-one induction

Meet with your instructor to assess your individual needs and goals for the 20 sessions, and to take some basic measurements (such as weight, blood pressure and plan your personal exercise programme).



## Membership card

You receive your membership card for the course and plan to complete your sessions within a maximum of 12 weeks.



## Mid-course review

You will meet with your instructor on a one-to-one basis to review progress and make any changes to your programme.



## Ongoing special rate membership\*

On completion you will be eligible to join the centre as a member (with a partner if desired) at a greatly reduced rate. We want you to continue exercising and change your life by staying active.



## Payment

You can pay £45 up front to give the maximum discount (only £2.25 per session); or other split payment options can be arranged.



## Sessions at the gym or in the pool begin, any time during opening hours.

Check websites for details.



## Goal!

At the final session there will be a full review to check your progress and measurements. Your programme will also be reviewed and updated.

\*Reduced cost membership is available for as long as you remain a member. This includes a partner of your choice, who is not part of the scheme. Prices correct as at March 2017.

