



Charnwood Heartsmart Referral Scheme





CHARNWOOD HEARTSMART REFERRAL SCHEME

The Heartsmart Exercise Referral Scheme is a programme targeted at people who are either recovering from heart problems or heart surgery. and is a partnership between Public Health, Leicester-Shire and Rutland Sport, NHS University Hospitals Local Authorities, GP surgeries and other Health Care Professionals.

One in three people in the UK are currently suffering from a long-term health condition, the role physical activity plays in the treatment and management of long-term conditions is significant given the prevalence of these conditions today.

Years of research has proven the enormous health benefits of physical activity for all members of the community and we know that participation in regular exercise can help to reduce the likelihood or delay the onset of disease and disability.



WHAT DOES THE SCHEMES INVOLVE?

The scheme runs for 12 weeks and allows participants to;

- Take part in exercise at Loughborough, Soar valley and South Charnwood Leisure Centre.
- Exercise under the guidance of qualified B.A.C.R (British Association of Cardiac Rehabilitation) exercise professionals
- Chose from a range of activities at a reduced cost

We will offer you support, encouragement and motivation in a choice of activities under the guidance of a highly qualified instructor.

You will be invited to an initial consultation where a basic health assessment will be carried out.

Regular reviews will be carried out throughout the 12 week programme to help and encourage your progress and the use of pre starter and end of programme questionnaires will be used to highlight the benefits you have gained.

A variety of activity Programmes are available including gym sessions in the gym, gentle circuit class in the studio. Please see the class timetable for more details.



FAQ

What if I have never exercised before?

Don't worry, everyone has to start somewhere. The sessions are adapted to your individual needs and capabilities and programmes are designed for you to grow with. Fitness levels, health conditions and mobility issues are all considered during your programme design.

What should I wear?

Anything you feel comfortable in, T-shirt, tracksuit, shorts or anything with a bit of a stretch. Footwear needs to cover the whole foot and have good grip, Trainers or plimsolls are ideal

What if I have to miss some weeks?

If you are unwell or go away on holiday, we can hold your place and add the missed sessions to the end so you don't miss out

How do I get started?

There are two ways to be referred. Hospital Referral, If you are eligible the cardiac rehabilitation staff will complete a referral form, after you have completed your phase 3 programme. Or visit your GP, Practice Nurse or other Health Care Professional. They will complete a referral form for you and send it to the Cardiac Rehabilitation Development Officer who will contact you directly

How much does it cost?

The cost is £3 per session

On completion of the scheme you can continue as a member or casual user, your instructor will give you more information about this.



CONTACT DETAILS

If you require any further information please visit

<http://www.lrsport.org/sports/exercisereferral> or contact Carol Dixon

Telephone:

Email carol.dixon@fusion-lifestyle.com

Leisure Centre addresses

Loughborough Leisure Centre

Browns Lane

Loughborough

LE11 3HE

Soar Valley Leisure Centre

Off Kingfisher Road

Mountsorrel

Leicester

LE12 7FG

South Charnwood Leisure Centre

Parkstone Road

Syston

Leicester

LE7 1LY



CLASS TIMETABLE

Loughborough Leisure Centre

Activity	Day	Time
Gym Session	Monday	8.30 -930am
Circuit session		11-12pm
Gym session	Tuesday	9.30-1030am
Gym session	Wednesday	8:30-9:30am
Circuit session		11-12pm
Gym session		1.30-2.30pm
Gym session	Thursday	9.30-1030am
Gym session	Thursday	2-3pm
Gym session	Friday	8.30-9.30am



Soar Valley Leisure Centre, Mountsorrel

Activity	Day	Time
Circuit session	Tuesday	12:30-1:30pm
Gym session	Tuesday	2:15-3:15pm
Gym session	Thursday	1pm-2pm
Circuit Session	Thursday	2:30-3:30pm
Gym session	Friday	1-2pm



South Charnwood Leisure Centre, Syston

Activity	Day	Time
Gym session	Monday	1-2pm
Circuit session	Wednesday	5-6pm

Once you have completed the Heartsmart scheme you can continue to attend the centre as a casual user or member. We also have some move on sessions which include Zumba, Tai chi, Circuits and walking football, just ask your instructor for more information.