

## Involvement.



**LEICESTER-SHIRE  
& RUTLAND SPORT**  
SPORT & PHYSICAL ACTIVITY



**Exercise  
Referral**

### About the Scheme

The Exercise Referral scheme is a programme for adults aged 16 or over with a medical condition. The scheme across Leicestershire & Rutland works closely with GP's and other health professionals to identify individuals who would benefit their health from participating in enjoyable exercise.

There are many conditions that an individual can be referred for including;

- High Cholesterol Levels
- Obesity
- Hypertension
- Controlled Diabetes
- Depression, Stress or Anxiety
- Rheumatoid Arthritis / Osteoarthritis
- Respiratory Disease
- Back Pain
- Osteopenia / Osteoporosis
- Locomotive / Neurological Disorders

People who are referred to the scheme will receive a 12 week activity programme designed for their needs delivered by highly qualified instructors.

Some of the activities people can be referred to include:

- Dedicated health & fitness sessions at their local leisure centre
- Gentle exercise sessions in the community

### How do People get on the Scheme?

If you have a condition you feel may be improved by increasing activity levels please speak to your local GP. If you are eligible for the scheme, you can be referred by your GP or other health professional using the Exercise (Health) Referral Form.

### Further Information

For further information about the Leicestershire & Rutland Exercise (Health) Referral scheme please contact your relevant coordinator using the contacts below.

## Other

In addition to Exercise Referral, Leicestershire & Rutland also have a Cardiac Referral Scheme, Heartsmart. For more information please visit [Heart Smart](#).

## Leicester City

The Active Lifestyle Scheme gives people with medical conditions the opportunity to exercise under the guidance of qualified exercise professionals.

If you suffer from any of the following conditions you could be eligible:

- arthritis
- asthma
- back pain
- diabetes
- depression
- high blood pressure
- heart condition
- high cholesterol
- osteoporosis
- obesity

## Facts

- All adults are advised to minimise the time they spend being sedentary (sitting) for extended periods of time.
- People in the UK are around 20% less active now than in the 1960s and inactivity is costing the UK an estimated £7.4 billion a year.
- Low physical activity is one of the top ten causes of disease and disability in England and regular activity can help to prevent and manage over 20 chronic conditions and diseases.
- Age, disability, race, gender, sexual orientation and gender identity are all factors which influence whether an individual is physically active.

## How does it work?

Once on the scheme you will be provided with an initial appointment where your instructor will take you through a step by step guide and support you on your journey to achieve your goals. After your initial appointment is complete you will be booked in for two further appointments; one at three months and one just before you finish the scheme at six months.

## How to apply

The scheme is available for referral by GP practices and other healthcare professionals in Leicester and there is no cost for the referral. Ask your doctor for information on how to enrol.

How long does it last?

Currently referrals can stay on the scheme for up to six months. However, cardiac and heart patients differ. Please note if you have already been on the scheme once you cannot be re-referred.