



harpers
health & fitness

Vale Farm Sports Centre

Vale Farm Exercise Referral Scheme

Physical activity is required to maintain and improve your health and in many instances it improves a range of medical conditions.

If you need some help getting started then the Vale Farm Exercise Referral Scheme is here to help.



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Vale Farm Exercise Referral Scheme

The Vale Farm Exercise Referral Scheme (ERS) is a 10 week programme of physical activity to help improve a variety of medical conditions. The ERS enables health professionals to refer patients who meet the criteria to qualified exercise professionals for an appropriate personalised programme of physical activity.

If you have any of the following conditions the ERS can help by improving your level of physical activity. Many people with health concerns are unsure about what physical activity they can safely do. The scheme will provide the opportunity for you to receive advice and support to help you become more active. Please check with your health professional or GP if you are unsure.

- Mental health problems
- Hypertension
- Diabetes
- Joint or Muscular flexibility and strength problems
- Back pain
- Osteoarthritis
- Obesity and weight related problems
- Asthma and Chronic Obstructive Pulmonary Disease (COPD)
- Physical De-conditioning from Inactivity
- Stress

Being More Physically Active Can:

- Relieve tension and stress, reduce depression and anxiety
- Reduces the risk of developing heart disease
- Reduce or maintain body weight or body fat
- Reduce blood pressure or the risk of developing high blood pressure
- Boost self-image and improve psychological well-being
- Reduce the risk of developing certain cancers
- Build and maintain healthy muscles, bones, and joints
- Improve body shape and posture
- Improve flexibility
- Improve sleep patterns
- Reduce cholesterol or the risk of developing high cholesterol
- Help prevent and maintain diabetes
- Be the difference between dependence and independence
- Give you more energy



How Does The Exercise Referral Scheme Work?

If you currently see a health professional (for example, GP, nurse, physiotherapist) they will be able to determine if you are eligible for the scheme. If your health professional is not aware of the scheme and would like to refer you please phone the number below and we can send you the necessary referral forms. Then just ask your health professional to complete the forms and send them to us. Many health professionals are aware of the scheme and will be able to send your referral form directly to us if you wish to be referred.

On receipt of your referral form, the Exercise Referral Team will contact you and arrange an appointment. You will have an initial assessment and regular assessments thereafter to monitor your progress. Your initial assessment will last between 45 and 60 minutes. You will be asked to complete a short medical and activity questionnaire, a baseline health check and a simple fitness test.

From the assessment and referral forms a referral route will be decided and agreed physical activity sessions set for you. You will also be given further information as to what other suitable sessions or facilities you can access.

During the ERS, you will be encouraged to use other sessions and start exercising on your own or with friends and family as well as attending the set supervised sessions. On completion of the scheme your exercise professional will assist in advising you with the possible options available to allow you to continue with a long term, more active, healthier lifestyle.

After You Have Completed The Course:

Vale Farm's Membership team will advise participants on the opportunities to join the Centre at a discounted rate.

For more information please call Vale Farm on: 020 8908 6545.



Customer Information

RNID 'type talk'

Please call the facility dialling 18001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech.
Visit: www.typpetalk.org

How to find us...

Bus routes: 18, 182, 245, 92

Cycle route: 45, 86

Nearest tube: Sudbury Town, North Wembley

Nearest British Rail: Sudbury & Harrow Road

The information in this leaflet can be made available in large print, audio tape, Braille and in a variety of languages on request. Please contact the site for further details.

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