

activeforlife



...has been helping people in forest heath to become fitter and more active for over 14 years. Our Exercise on Referral scheme is for people who are referred to us by a health professional such as a GP, Practice Nurse or physiotherapist and would benefit from a more active lifestyle.

“More than 75% of women and 63% of men don’t take enough physical exercise to benefit their health. When you are more active you feel better, your health improves and you get more out of life”

Please note that for your own safety the scheme will not accept people with certain conditions

Reasons for referral may include:

High Blood pressure

Diabetes

Depression/ Anxiety

Obesity

Asthma

Circulatory disease

Bone and joint problems

angliacommunityleisure

Working in partnership with FOREST HEATH DISTRICT COUNCIL

What happens on the scheme?

Our experienced instructors will help guide you towards a healthier lifestyle, encouraging you towards regular physical activity and offer advice on healthy eating, help with stopping smoking and how to combat stress. The referral is for 10 weeks and you are invited to attend twice each week and we tailor your activity to your ability and fitness which is gradually increased during the course as you become fitter.

The initial assessment costs £13.00 / £7.00 Discount & Concession

Payment is required at the time of booking.

Cost per session £3.50 / £2.50 Discount / £1.50 Concession

For full details of our active Card concession scheme please contact Reception

What activities are available?

Cardiovascular sessions and Resistance/strength in our fitness studios

Aquagym and Swimming at our swimming pools

Group Exercise classes at our leisure centres and swimming pools

Signposting to: Smoking Cessation support,

Weight management classes, Local Health Walks,

Chair based exercise classes and Community support programmes

Which practices are part of the scheme?

Burwell Surgery, Elbourne, Forest Group, Lakenheath, Linton Surgery, Market Cross, Oakfield Surgery, Orchard House, Red Lodge, Rookery Medical Centre, Staploe Surgery, Victoria Surgery, WhiteHouse and Wickhambrooke Surgery

Other health professionals that can also refer you include Dieticians,

Community Psychiatric Nurses and Physiotherapists

How do I get started?

If you feel you would benefit from the scheme please speak to your GP, Practice Nurse, Community Psychiatric Nurse or physiotherapist on your next visit. Your health professional will complete a referral form and ask you to phone one of our leisure centres or swimming pools for an assessment appointment.

Brandon Leisure Centre (01842) 813 748

Mildenhall (Dome) Leisure Centre (01638) 717 737

Newmarket Leisure Centre (01638) 662 726

Mildenhall Swimming Pool (01638) 712 515

Newmarket Leisure Centre (01638) 662 726

Please remember to bring your completed referral form with you when attending your assessment. **Welcome to the start of your healthy new life!**