

exercise on referral

activeforlife



Welcome to the start of your healthy new life!

Our Exercise on Referral scheme, 'Active for Life' is delivered in partnership with Forest Heath District Council and is a subsidised scheme encouraging people towards regular physical activity, offering advice on healthy eating, help with stopping smoking and how to combat stress. 'Active for Life' is for people who are referred to us by a health professional such as a GP, Practice Nurse or physiotherapist and who they believe would benefit from a more active lifestyle.

“Being physically active is crucial to good health. If a medication existed that had a similar effect on preventing disease, it would be hailed as a miracle cure”

Sir Liam Donaldson
Chief Medical Officer



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What reasons are there for referral?

High blood pressure, Diabetes, Depression/Anxiety, Obesity, Asthma, Circulatory disease, Bone and joint problems.

(Please note that for your own safety the active for life scheme will not accept people with certain conditions).

What are the benefits of regular exercise?

- Reduce the risk of coronary heart disease.
- Assist with weight loss.
- Reduce stress and anxiety.
- Control blood sugar levels.
- Improve mobility and posture.
- Strengthen muscles.
- Socialise and have fun.
- Improve quality of life and overall health.



What happens on the scheme?

The referral is for 12 weeks and to get the maximum benefit you are invited to attend twice a week.

- Depending on your personal circumstances the initial Assessment costs: £20.00 Full price, £15.00 Discount level 2 or £10.00 Discount level 3 *
Payment is required at the time of booking.
- Each time you attend an Active for Life session you will need to pay.
Cost per session: £4.50 Full price, £3.50 Discount level 2 or £2.50 Discount level 3 *

* For full details of our Active Leisure Card discount scheme and activity prices please contact Reception at any of our leisure centres or swimming pools.

Brandon Leisure Centre (01842) 813 748

Mildenhall (Dome) Leisure Centre (01638) 717 737

Newmarket Leisure Centre (01638) 782 500

Mildenhall Swimming Pool (01638) 712 515

Find out more: www.angcomleisure.com



Details correct at the time of going to press.

This programme and content is subject to change at the discretion of Anglia Community Leisure

This leaflet is available in different formats and languages on request



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