

Exercise the miracle cure



Do you have one of
these health conditions?

- ♥ Asthma
- ♥ High blood pressure
- ♥ High cholesterol
- ♥ Diabetes
- ♥ Osteoarthritis
- ♥ Rheumatoid arthritis
- ♥ Chronic obstructive pulmonary disease (COPD)
- ♥ Joint replacement
- ♥ Simple mechanical back pain
- ♥ Osteoporosis
- ♥ Depression
- ♥ Stress
- ♥ Anxiety

You could benefit from a personal 12 week exercise programme subsidised by your council

See inside for full details

What is it?

A subsidised personal 12 week fitness programme consisting of two hour-long sessions a week drawn up and supervised by qualified instructors, making it easy for you to take up regular exercise.

Is it for me?

Yes if you are over 18 and have one or more of the health conditions listed on the front of this leaflet.

How much does it cost?

Initial and final assessments are £8 each. The 24 sessions are charged at £3 each, payable in two instalments of £36.

How do I get on the programme?

Any health professional can refer you. This can be your GP, practice nurse, physiotherapist, diabetes specialist nurse, dietician or mental health worker. (Health professionals need to be registered with the scheme. This is quick and easy - go to **www.scams.gov.uk/active**).

Three steps to get you started

9
centres you
can choose
from in South
Cambridgeshire.

1

Your health professional completes the referral form online **www.scams.gov.uk/active**, prints it out, signs it and gives it to you.

2

You contact the sports centre of your choice and arrange an initial appointment.

3

Turn up at your appointment with the completed form.

See back page for details.

FINAL ASSESSMENT

This is a chance to review and look to the future. The referral instructor will help you decide how to continue with regular exercise. This may mean continuing with gym sessions, or exploring other options such as exercise classes or walking, running or cycling groups.



All referral instructors are qualified and registered on the Register of Exercise Professionals, (REPS) at level 3, and qualified to support you with the medical conditions that the programme is designed for.



The referral instructor devises a twelve week programme to meet your needs. Sessions are supervised, allowing you plenty of support and encouragement.



INITIAL ASSESSMENT

This is the referral instructor's chance to gather information needed to devise a suitable exercise programme. The assessment may include some simple physical tests.

THE PROGRAMME EXPLAINED

ENJOY CONTINUING EXERCISE



Week 12

Week 11

Week 10



Week 9

Week 8

Week 7



Week 6

Week 5

Week 4



Week 3

Week 2

Week 1



12 weeks to the fitness habit

Blood pressure lowered



Stamina increased



Sense of wellbeing improved



Heart strengthened



Mood lifted





CAMBOURNE: Louis Dixon
Tel: 01954 714070 or email: cambourneinfo@everyoneactive.com
Class times: Tues 10.30-11.30am & Thurs 6.30-7.30pm



COMBERTON
Marlene Sharpe-Westwood & Clare Strongman
Tel: 01223 264721 or email: commed@combertonvc.org
Class times: Mon 9.30-10.30am & 10.30-11.30am
Thurs 9.30-10.30am & 10.30-11.30am



COTTENHAM: Clare Strongman
Tel: 01954 288760 or email: sportscentre@cvcweb.net
Class times: Tues 4.00-5.00pm & Thurs 3.30-4.30pm & 4.30-5.00pm



GAMLINGAY: Jameila Nazir
Tel: 01767 651785 or email: thefitnessworkshop@yahoo.co.uk
Class times: Tues 1.30-2.30pm & Thurs 1.30-2.30pm

GIRTON: Simon Gurry
Tel: 01223 519548 or email: info@primetimefit.co.uk
Class times: Tues & Thurs 2.00-3.00pm



IMPINGTON: Josh Cooper
Tel: 01223 200404 or email: sportscentre@impington.cambs.sch.uk
Class times: Tues 11.30am-12.30pm & Fri 11.00-12.00pm



MELBOURN: Simon Davies
Tel: 01763 263313 or email: info@mc-sport.co.uk
Class times: Mon & Wed 6.00-8.00pm
Tues & Thurs 10.00-11.00am



SAWSTON: Steven Croft
Tel: 01223 712555 or email: info@sawstonsports.com
Class times: Mon & Wed 8.00-9.00pm, Wed & Fri 11.00-12.00pm



SWAVESEY: Lorraine Wright
Tel: 01954 230366/234453 or email: sport@swaveseyvc.co.uk
Class times: Mon to Thurs 3.30-4.30pm & 4.30-5.30pm