

## **NATIONAL EXERCISE REFERRAL SCHEME FREQUENTLY ASKED QUESTIONS:**

### **How do I access the Scheme?**

If you feel you would benefit from the scheme and are suitable to join then you need to speak to your GP, practice nurse or health professional, who will complete a referral form and provide you with a copy. You will then be contacted by an exercise professional to arrange a consultation.

During the consultation your exercise professional will tell you everything you need to know about the scheme, carry out some health checks, help you set yourself goals and work with you on planning and starting your programme.

### **Where can I attend classes?**

You will be provided with the opportunity to participate in a number of exercise sessions at Merthyr Tydfil Leisure Centre and/or Aberfan & Merthyr Vale Community Centre.

### **What is the duration of the scheme?**

The Exercise Referral Scheme is a 16 week programme. If you miss any sessions due to agreed holiday time or illness then you are able to attend additional weeks to make the time up.

### **How much will it cost me?**

Exercise sessions during your 16 week programme are £2.00 each.

### **How often do I need to attend?**

To gain the full benefits you should aim to attend as often as possible. The UK Physical Activity Guidelines for adults are 30 minutes of moderate intensity activity 5 days a week. We will ask you to attend a minimum of two sessions per week.

### **What activities are available?**

During your consultation your exercise professional will advise you on what activities to participate in for your specific needs. The activities on offer are Aqua Aerobics, Circuits, Gym Sessions, Tai Chi and walking.

## **What are the benefits of being more physically active?**

Physical activity has been shown to improve people's health and wellbeing in a number of ways. Exercise is a great stress buster. It can help you lose weight but, more importantly, it will lower your risk of developing major chronic diseases such as coronary heart disease, stroke, some cancers and type two diabetes, by up to 50%. It can help improve your quality of life. It can cut the risk of premature death by 20% to 30%.

## **What are the benefits of the scheme?**

- Consultations and check ups with a fully qualified, specially trained exercise professional.
- Support and advice from our exercise professionals in helping you achieve your goals.
- Variety of fun activities instructed by our specially trained exercise professionals
- Discounted classes - £2.00 per Exercise Referral Class for 16 weeks

## **Will it make my condition worse?**

In most cases, taking an appropriate level of exercise will make you feel better, improve your health and improve your quality of life. In some cases and conditions, exercise may aggravate a problem. This will be thoroughly assessed during the referral process.

## **What happens after the 16 weeks?**

At the end of your 16-weeks, you will be invited to a follow-up appointment to discuss your progress and long term exercise needs. You will be advised of the range of exercise opportunities and the different pricing options which are available. You will also be contacted 12 months after starting the scheme to see how things are going and provide advice if required.

## **What some of our successful clients have said about our scheme:-**

'I have now improved my mobility and fitness and can now walk to the shops every day with ease'

'I no longer feel lethargic. I have loads of energy, feel agile and I have to say we do have a laugh.'

'The classes are always a lot of fun and really enjoyable. We have loads of encouragement from the instructors.'