

Physical Activity on Referral



What happens next?

The physical activity on referral service is a 12 week scheme providing you with a bespoke exercise plan. This will be tailored to your physical needs from one of our PA Specialists. The aim is to help improve, control or stabilise the condition you have been referred for, as well as improving your overall health and wellbeing by becoming more physically active. All memberships are offered at a discounted rate.

In the next two weeks you will be contacted by one of our Fitness Instructors either in person or via email to arrange your initial appointment and discuss the programme in more detail.

If emailed, you will be sent a welcome email with a link to complete a questionnaire. It is important you check your junk folder for the welcome email from your local leisure centre.

Once you have completed the questionnaire and submitted it, the Fitness Instructor will then get in touch to book you in for your gym programme/induction.

Attached is an information sheet which highlights about your local leisure centre.

Hints and Tips

Attending something new for the first time can be very daunting – that's normal, below are some top tips that you may find useful:

- Everyone has been a beginner, don't worry about being perfect first time
- If you miss a session, don't worry, attend the following week or when you next feel able to do so
- Listen to your body and go at your own pace. Try taking part at an intensity where you can comfortably talk, but not sing
- You may have setbacks and that's OK, it happens to everyone! Just try and stick with it
- Don't forget to have fun – try and relax and take the experience in, as this will help when it comes to shaking those nerves off.



For more information about the programme, please visit www.warwickshire.gov.uk/fitter-futures

If you would like to seek an update on your referral, please contact the Fitter Futures Warwickshire team on either **01926 351077** or fitterfutures@warwickshire.gov.uk

Kind regards

Fitter Futures Warwickshire Team
Warwickshire County Council



Physical Activity on Referral

Common queries

I've never been to the leisure centre before, what do I do when I first arrive?

Please visit reception and inform them you have an appointment with the Fitness Instructor. They will either point you in the right direction or tell you to take a seat and wait for the instructor to meet you.

What do I need to bring with me?

Bottle of water, a hand towel for the gym and any medication (if required).

You may also need some change for the car park and £1 coin for a locker if you want to use one to put your things in whilst you are in the gym.

What should I wear?

You will need some comfortable shoes such as trainers. Wear comfortable clothes you can move easily in for example leggings or jogging bottoms and a t-shirt with a sweatshirt over the top. It's best to wear layers as you might get warm once you start exercising but will cool down again on your journey home.

I've never been to a gym before, does that matter?

No not at all, the instructors will show you everything you need to know.

I've never done any exercise before, does that matter?

No, the instructor will design you a programme which is just right for you.

Will exercising make my health condition worse?

Your GP has referred you to the Fitter Futures programme. They know all about your health condition and feel that being more active will help improve your health. The fitness instructors are also qualified and experienced in designing exercise programmes specifically for people with health conditions like yours.

I feel self-conscious about going to the gym, I'm worried that everyone else will be really fit?

A wide range of people use the gym, all with different abilities. Many are on the Fitter Futures programme just like you. There is a wide range of equipment in the gym so there is something for everyone, the instructors will show the ones to use which they feel will suit you best.

