For more information about Inspiring healthy lifestyles and the sessions available in the borough.

ARS Team,
Inspiring healthy lifestyles,
Robin Park Sports Centre,
Loire Drive,
Wigan WN5 0UL

Tel: 01942 488 481
Email: activeliving@wlct.org

ACTIVITY REFERRAL SCHEME
SPECIALIST SUPPORT TO IMPROVE HEALTH THROUGH PHYSICAL ACTIVITY
The Activity Referral Scheme is a programme of physical activity designed to help you to improve your health and quality of life. Your local Health Professional can refer you to a specialist instructor who will devise a personal physical activity programme to suit your health and fitness needs.

Physical activity can help with the prevention and management of many health conditions. Activities available include:

- Gym
- Exercise to music
- Aqua aerobics
- Circuit
- Home exercise programme
- Specialised classes
- Swimming
- Tai Chi
- Pilates
- Cycling
- Walking
- Nordic walking
- Outdoor activities
- Fun sports sessions
- Hydrotherapy
- And many more...

I would recommend this referral scheme to anybody regardless of age, size or ability. Don’t be put off, it isn’t all hunks in trunks, it’s normal people like me. The first step can be scary but if you give it a go, everyone understands and you feel the benefit after a couple of weeks.

This has really been a life changing experience for me. I’ve made some very positive lifestyle changes with a lot of help from the scheme which has resulted in a brand new me.

The classes are a lot of fun and more of a social gathering, which I really look forward to and miss if I can’t attend.

10 GREAT REASONS TO EXERCISE

1. Reduces the risk of heart disease and strokes
2. Naturally lowers blood pressure
3. Helps with weight loss
4. Helps reduce stress levels
5. Improves strength, stamina and mobility
6. Improves energy levels
7. Decreases cholesterol levels
8. Boosts the immune system
9. Boosts self confidence
10. Great for making new friends!

During your initial appointment the specialist instructor will go through your medical and physical activity history and discuss a range of activities most suited to your needs. This appointment will last approximately 45 minutes and if you wear reading glasses you should bring them along with you.

What will my personal physical activity programme involve?
Your personalised programme is designed to help make physical activity your new lifetime habit and to help you to achieve this you will receive ongoing support and reviews throughout the first year. During this time you will have the opportunity to discuss your progress and any issues relating to physical activity with your specialist instructor.

How much will this programme cost me?
Your initial and follow up appointments with your specialist instructor are free of charge and all activities are at a reduced cost, however these may vary from site to site. Typically an exercise session will cost from £2.50 and most outdoor activities such as walking and cycling are free.

For further information go to getactivewiganandleigh.co.uk