

## Leisure Centre Details:

- **YMCA Surbiton,**  
49 Victoria Road, Surbiton  
KT6 4NG  
Tel: 020 8339 7083
- **YMCA Hawker Centre**  
Lower Ham Road, Kingston  
KT2 5BH  
Tel: 020 8296 9747
- **Tolworth Recreation Centre**  
Fullers Way North, Tolworth  
KT6 7LQ  
Tel: 0208 391 7910
- **Malden Centre**  
Blagdon Road, New Malden  
KT3 4TA  
Tel: 0208 336 7770
- **Kingfisher Leisure Centre**  
Fairfield Road, Kingston  
KT1 2PY  
Tel: 0208 546 1042

Kingston PCT, 22 Hollyfield Road, Surbiton, KT5 9AL  
Tel: 020 8339 8000 website: [www.kingstonpct.nhs.uk](http://www.kingstonpct.nhs.uk)



Kingston **NHS**  
Primary Care Trust

*Get Active*

**Kingston Exercise Referral Programme**

# Get Active

## Why are we promoting physical activity?

Years of research have proven the enormous health benefits of physical activity. We now know that participation in regular physical exercise, that makes us feel warmer and breathe a bit harder, can help to reduce the likelihood and even delay the onset of disease and disability. Nevertheless, people need encouragement and support to help them take the first steps to becoming more active on a regular basis and this is what 'Get Active' provides.

Get Active is an exercise referral programme run by Kingston Primary Care Trust in partnership with D C Leisure and Kingston and Wimbledon YMCA. It is a customer friendly programme designed for individuals with health related conditions that may benefit from a prescription of regular exercise in a convenient venue under the guidance of dedicated exercise professionals.

## Who can join the programme?

Anyone over 16 years of age who currently has one or more of the following conditions:

- Risk factors for heart disease problems (e.g. family history, smoking, overweight, obesity, diabetes, high cholesterol and high blood pressure)
- Risk factors for bone problems (e.g. heavy drinker, early menopause)
- Well controlled lung problems like asthma and chronic bronchitis
- Mild to moderate joint problems and back pain
- Anxiety, depression, stress and controlled mental health problems

## What can physical activity do for me?

- Reduce your risk of heart disease, high blood pressure and high cholesterol
- Maintain your weight within a desirable range
- Relieve stress and tension
- Keep your joints mobile and your muscles and bones strong
- Prevent and manage lower back pain
- Increase self confidence
- Make you feel more energetic and lively



## What will the programme include?

- Personalised exercise programme
- A number of supervised gym workouts
- Gentle group exercise classes
- Advice about healthy eating

## What will happen next?

In the first instance speak to your GP, health professional or social worker who will assess your suitability to the programme. They will then complete a referral form and ask you to contact your chosen leisure centre to make your first appointment (a list of participating centres can be found at the back of this leaflet). Alternatively you can contact the Get Active Co-ordinator to obtain a referral form to take along to your GP or health professional. The co-ordinator can be contacted on:

**020 8339 8022**

Only completed and signed referral forms will be accepted by the leisure centres, so please remember to take your completed form with you when you go to your first appointment.

Then it's up to you to start your exercise programme, stick with it and begin to feel the positive difference that an active lifestyle can make.

## How much will it cost?

£3.50 per appointment or gym visit and reduced rate gym membership is offered to those completing the full 12 weeks course (Specialist monthly membership options are available).

