

# Exercise Referral Scheme



Health  
for life

**A Cardiff Council Scheme**  
in Partnership with  
**Cardiff Health Alliance & Cardiff's**  
**Primary Health Care Representatives**



**Contact your Local Surgery**  
**or Leisure Facility for more information**

[www.cardiff.gov.uk/leisure](http://www.cardiff.gov.uk/leisure)

## WHAT IS 'Health for Life'?

The 'Health for Life' Scheme is designed to aid individuals who have been identified by their Medical Practitioner to take up the benefits of participating in enjoyable exercise.

As that individual, you will receive an individual 16-week activity programme designed specifically to your needs and will be under the guidance of Cardiff Council's highly qualified Health and Fitness Team.

During the 16 weeks of your programme, activities within Cardiff Council Leisure Facilities will be charged at a concessionary rate.

## DID YOU KNOW THAT...?

It's a fact that taking regular exercise dramatically increases your chances of living healthier and longer.

The current recommendation for physical activity is 30 minutes of moderate activity (like brisk walking) on five or more days of the week.

## Exercise can:

- Make you feel good
- Keep your heart strong
- Give you more energy
- Reduce blood pressure
- Help you sleep better
- Help reduce stress
- Help you manage your weight

## HOW DO I GET ON THE SCHEME?

- 1) Visit your Doctor's Surgery. If you are eligible, your Medical Practitioner will complete a 'Medical Referral for Exercise and Consent Form'.
- 2) A member of the Cardiff Council Health and Fitness Team will then contact you to make an appointment for your initial consultation.
- 3) Your initial consultation will consist of a full explanation of the scheme and a health assessment.
- 4) A programme will then be devised to suit your personal needs.
- 5) Over the 16 weeks, your personal programme may include group or individual activities such as using the Health and Fitness Suite, swimming, aerobics, walking and many more (activities are not on a one-to-one basis).

## WHERE CAN I PARTICIPATE?

Llanishen Leisure Centre	(029) 2076 2411
Pentwyn Leisure Centre	(029) 2054 9211
Fairwater Leisure Centre	(029) 2055 2210
Western Leisure Centre	(029) 2067 5060
Eastern Leisure Centre	(029) 2079 6616
Channel View Centre	(029) 2037 8161
Star Centre	(029) 2048 4637
Maindy Swimming Pool	(029) 2052 9230
Splott Swimming Pool	(029) 2046 2548
Cardiff International Sports Stadium	(029) 2078 8399