

GP REFERRAL SCHEME AT BRECKLAND LEISURE CENTRE

Physical activity is very important as a means of improving your health and well-being. Our 12 week Exercise Referral Scheme is a great way to help you get active in a friendly and safe environment at a reduced cost.

We offer tailored support and expertise to those individuals or groups of people that require specialist exercise prescriptions to manage existing health conditions or prevent ill health.

Our Scheme is designed to help people with complex medical issues such as:

- Cardiovascular Issues
- Respiratory Issues
- Musculoskeletal Issues
- Psychological/Mental Health Issues
- Metabolic/Immunological Issues

With a referral from a GP/Physiotherapist/Health Professional, we can guide you through a supported physical activity programme to improve health, fitness and overall well-being. All whilst managing your health condition through a safe, appropriate and effective plan.

Simply speak to your GP, Nurse, Physiotherapist or other healthcare practitioner. If you are eligible, you will be referred to us.

Telephone Number: 01842 753110

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