

Active Health - Physical Activity Referral Programme

The Active Health programme is a 12-week programme for people with a medical condition to be referred for physical exercise under the guidance of qualified instructors within local leisure centres.

Physical activity is an essential part of a healthy lifestyle and has a positive effect on a range of medical conditions. Patients can be referred for a variety of conditions ranging from coronary disease to obesity.

Active Health offer the following:

- One to one consultation
- One to one gym induction and gym programme
- Goal setting
- Regular contact and reviews of progress

Active Health offer the following classes throughout Wiltshire:

- Circuit classes
- Pool-based exercise classes
- Cardiac rehabilitation classes
- Exercise After Stroke classes
- Falls Prevention classes

Customers can choose to take part in as many activities as they wish to achieve their goals.

All activities are offered to the customer at a discounted membership rate for 12 months.

Patients can be referred via an online referral system: activehealth.wiltshire.gov.uk

A total of 135 GP surgeries and hospital departments within Wiltshire have a log in for the online referral system and can refer any patient that they feel would benefit from guided physical activity.

For more information:

Website: www.wiltshire.gov.uk/leisure-gp-referral

Email: physicalactivity@wiltshire.gov.uk