



THE WAY OF LIFE

EXERCISE PROGRAMME

REASONS TO EXERCISE WITH THE WAY OF LIFE EXERCISE PROGRAMME

- **LOOK GREAT**
- **GET MOTIVATED**
- **FEEL GOOD**
- **STAY HEALTHY**

WAY OF LIFE

Exercise Referral Programme

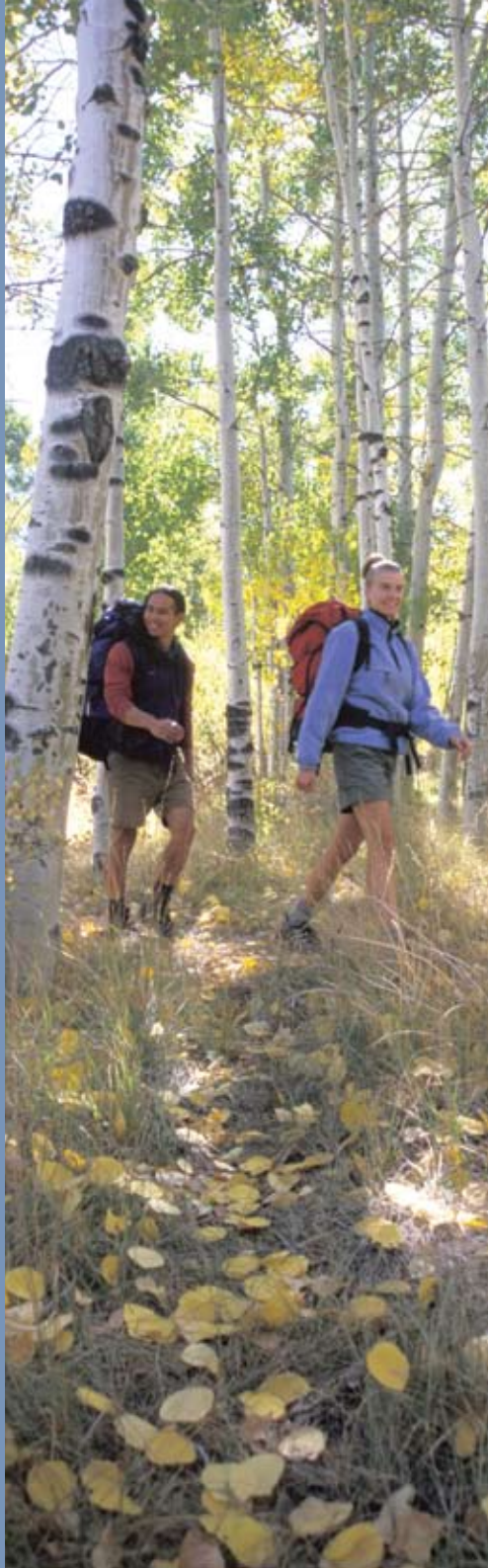
The 'Way of Life Exercise Referral Programme' is funded by East Dorset District Council. This Community Project has been running successfully for over 10 years at Queen Elizabeth Leisure Centre in Wimborne.

What does Exercise Referral mean?

An Exercise referral is a recommendation from a medical professional to start physical activity.

The main objective of Way of Life is to help and support people who are not used to activity or would like to return to activity after an accident or illness. Advice and support for those with health issues is also available.

The scheme is managed with two full time co-ordinators and a number of fully qualified instructors and helpers. The centre prides itself on the reputation of a warm friendly environment and personal attention. All the local GP surgeries and health professionals are involved in referring people to the centre. A referral note can be given for any reason from being overweight to any medical condition deemed appropriate that exercise may benefit.



There are two ways of joining:

Health Professional Referral

The Health Professional Referral offers a six-month subscription to exercise at the centre anytime during the week and weekends at discounted prices.

A first appointment is made via the centre reception or by telephone. The consultation will consist of an informal meeting of around half an hour to discuss your goals and to answer any questions about the programme. A tour of the facilities by the lifestyle co-ordinator will also be provided to help familiarise you with the surroundings.

An appointment will then be made at a suitable and convenient time to begin the new activity. Exercise can be provided in the fully air conditioned gyms and pool. The Way of Life team will organise your exercise programme and follow up reviews.

A range of exercise classes tailored specifically for people new to exercise is also provided for those who prefer working in groups.

Self Referral

The Way of Life Self-Referral offers a ten-week subscription to exercise at the centre anytime during the week and weekend at discounted prices. This programme is for people who have no health concerns but who are unused to leisure facilities and would like a helping hand to start exercising. The services provided for Self Referral are the same as for the Health Referral.



What to Wear

No special clothing is required.

A trainer type flat shoe and comfortable loose clothing.

After the six months subscription period

A letter is sent out to Way of Life participants with further options given to continue exercising at the centre.

Please do not hesitate to ring for more information.

The Way of Life Team look forward to meeting you soon.



Jan York & Julianne Davies

Way of Life Consultants

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