

Specialist programmes delivered by 1Leisure in partnership with GPs and healthcare professionals across the Isle of Wight.

Do you have a health condition or need support in becoming more active?

Your GP or healthcare professional can refer you to our qualified team for a personalised exercise programme designed to improve your health, confidence and wellbeing.

How to get started on our referral programmes:

- ▶ **Discuss with your GP** or healthcare professional whether Exercise on Referral is suitable for you. You may also self-refer. Speak to our staff at 1Leisure.
- ▶ **Choose your local 1Leisure centre**
A Referral Coordinator will contact you.
- ▶ **Attend your consultation** Complete a health assessment and receive a tailored programme.
- ▶ **Start your journey!** Access activities including gym sessions, swimming, water exercise and fitness classes.

FAQs:

- ▶ **Do I need to be able to swim?** No!
Water workouts will only be at waist depth.
- ▶ **Do I need to be able to use the gym machines?**
No! Our instructors will teach and coach you through all exercises in our gym based programme.
- ▶ **How much do the programmes cost?**
As an Exercise Referral client you receive 50% off Gold Membership for first 4 months.

Take the first step towards a healthier you!

For more information call:
1Leisure Medina: 01983 823882 or
1Leisure Heights: 01983 823881

3 PROGRAMMES - 1 GOAL - A HEALTHIER YOU!

GYM-BASED EXERCISE ON REFERRAL

- Personalised exercise programme
- Health and fitness assessment
- 1:1 support with our qualified referral instructors
- Improves strength, mobility and confidence



WATER WELLNESS

Therapeutic pool classes led by our qualified instructors, ideal for:

- Arthritis and joint pain
- Orthopaedic conditions
- MS and Parkinson's disease
- Reduced mobility
- All fitness levels



GOOD BOOST

Personalised water-based exercise using digital technology to support:

- Long-term health conditions
- Pain management
- Rehabilitation and recovery
- Improves mobility & confidence
- *Self-referral available