

Why Exercise?

Research has shown that exercise and physical activity can help:

- ▶ Control diabetes
- ▶ Reduce body fat
- ▶ Decrease the risk of Coronary Heart Disease
- ▶ Reduce blood pressure
- ▶ Increase stability and balance
- ▶ Improve mood and mental wellbeing
- ▶ Reduce stress and anxiety
- ▶ Increase energy
- ▶ Improve quality of life



Book your appointment TODAY

Start your journey to a healthier and happier you!!!

Exercise Referral Team
Telephone 01202 777766

YMCA BOURNEMOUTH
Bournemouth/Poole/Christchurch



Membership Information

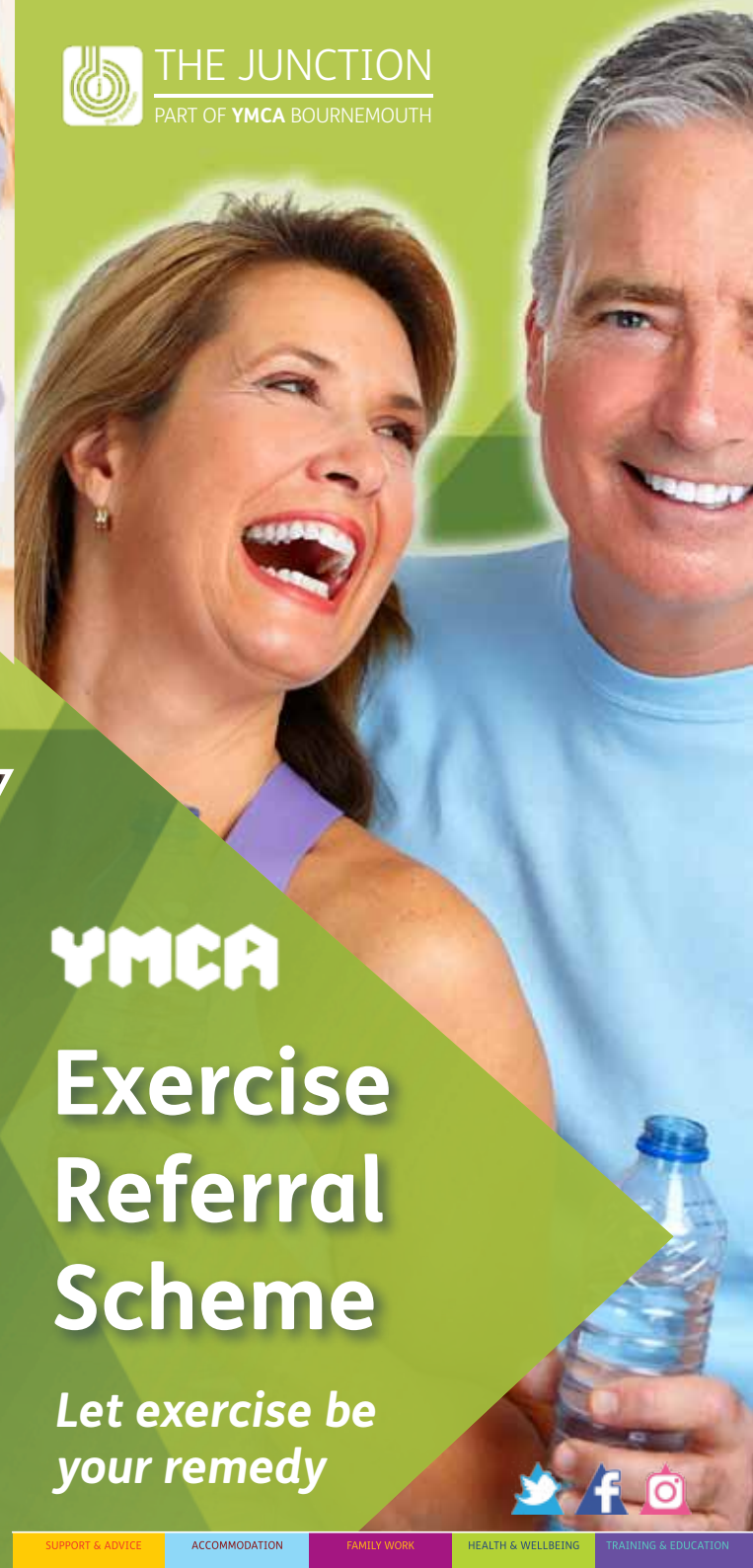
After completing our 12 week 'Exercise Referral Scheme' you will be entitled to reduced membership which covers Gym/Swimming & Classes, costs as follows:

1. £16.50 per month, per person
NO CONTRACT, six weeks cancellation notice required
NO JOINING FEE
2. 12 month upfront payment
£165.00 per person

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THE JUNCTION
PART OF YMCA BOURNEMOUTH



YMCA Exercise Referral Scheme

Let exercise be your remedy



SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

What is the Exercise Referral Scheme?

The Exercise Referral Scheme is an initiative at The Junction Sports & Leisure Centre in Broadstone. It provides patients referred from their GP a safe, professional and encouraging environment to help increase their health, fitness levels and improve their quality of life.

Our qualified Exercise Referral Team will provide you with an **initial assessment** and also review your progress after 12 weeks. Gym staff are available to help throughout the 12 week programme.

Who is the Exercise Referral Scheme for?

Your GP will be able to refer you to the scheme provided that you are inactive, have a long standing health condition* and/or have a BMI over 30.

*Certain conditions only

How much does it cost?

Option One

Upfront Payment £25.00
Session Fee: £2.50 per visit

Option Two

Upfront Payment £40.00

Option Three

Direct Debit £16.50 per month

The above fees include:

- ▶ Initial Assessment (duration 45 mins)
- ▶ Gymnasium Induction/Programme
- ▶ Unlimited Gym, Swim and Fitness Classes (exc Yoga) with option 2 and 3 (for 12 weeks)
- ▶ End Of Term Review Assessment

How does it work?

Once you have met your GP your completed referral form will be sent to the GP Referral Team at The Junction Sports & Leisure Centre. A member of our team will give you a call and arrange your initial assessment.



The 12 week programme will work as follows:

- 1) You will be contacted by the GP Referral Team inviting you to book your 'Initial Assessment' to begin your 12 week programme @ The Junction. Payment option to be confirmed.
- 2) Attend the 'Initial Assessment/ Gym Induction' @ The Junction. (duration 45 mins)
- 3) 12 weeks of advised gym, swim and fitness sessions
- 4) At week 12 all patients are invited to attend a complimentary Review Assessment, arranged by the GP Referral Co-ordinator in order to complete the scheme and qualify for the discounted membership.



Extra help needed:

Complimentary session available (30 mins) if further advice required. Bookable at Reception.

Activities/Sessions included in The Junction's Exercise Referral Scheme:



▶ Use of our superbly equipped Gymnasium ... **7 days a week ...**

▶ Use of all public / adult swim sessions ... **7 days a week ...**

▶ Access to fitness classes (exc yoga) on our timetable **70+ class per week ...**

Our Role is to:

- ▶ Encourage you to start a tailored exercise programme to meet your goals and needs
- ▶ Help you adapt to a healthier, more active and enjoyable lifestyle
- ▶ Advise you on how to safely exercise
- ▶ Offer discounted services to make your fitness more affordable
- ▶ Support and assist you throughout the scheme and beyond