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**Themes:** Health and Wellbeing, Healthier Lives, Physical Disabilities

**Aimed at:** All People

Exercise Referral Scheme

Bassetlaw's Exercise on Referral scheme is working towards helping improve the health and well-being of people suffering from a variety of medical conditions by supporting them to lead a more active lifestyle.

Most people would agree that physical activity is good for you; however, the majority of us don't do enough to improve our health and some of us don't do anything at all.

Available through your GP or Practice Nurse, this scheme aims to provide you with the support and advice you need to exercise safely and appropriately.

Regular exercise can benefit a wide variety of health conditions such as: arthritis, diabetes, hypertension, angina, being overweight, respiratory disorders, stress, anxiety, depression etc.

You will need to make an appointment with your GP or Practice Nurse to discuss if the scheme is suitable for you.

Once on the scheme you will have unlimited access to the gym, aerobic classes and swimming pools at your local BPL Leisure Centre in Retford, Worksop or Bircotes at discounted rates.

For more information please contact Exercise on Referral at 01909 533480 or speak to your Practice Nurse.

**Area:** Bassetlaw

### **Contact Details**

01909 533480

<http://www.bassetlawccg.nhs.uk/useful-information/6713-exercise-referral-scheme>

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