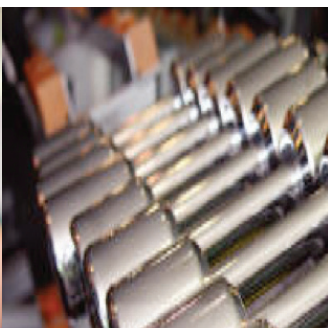
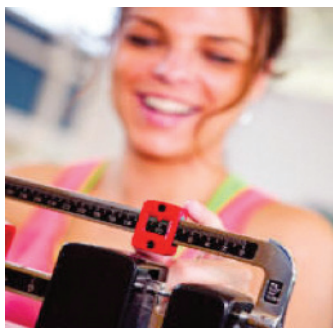


ACTIVE BUCHAN COMMUNITY
HEALTH REFERRAL SCHEME



The Benefits of Being Active

- Helps to improve blood pressure
- Helps to prevent diabetes, or control where present.
- Helps to improve joint mobility
- Helps to improve sleeping patterns
- Helps to improve muscular strength and endurance
- Helps to improve feelings of well being and relieve signs of depression
- Helps to relieve stress
- Helps to prevent heart disease, or improve the condition where present.
- Helps to reduce body fat and helps a healthy weight to be maintained.

The program you take part in will be tailor made to suit your particular health needs, e.g. chronic heart disease, diabetes, back pain, obesity, general aches and pains etc.

How do I get Referred

Simply go along to your local doctor or healthcare professional and if he/she feels the scheme will be appropriate for you, they will refer you on to the program. We will then call you to arrange your first visit with us.

What Happens on your first visit

You will be met at reception by a member of the referral team, who will show you around the facilities and then have a chat with you about your specific health issues and what your needs/goals are. They may also carry out a fitness assessment (do not consume a heavy meal prior to your assessment). The results of this will enable staff to set you a suitable program for your level of fitness. They will also take into account your personal goals and exercise preferences.

What to bring on your first visit

- Any medication you may need while you exercise (e.g. inhaler, GTN spray)
- Any paperwork from your health professional
- The self assessment questionnaire and any fees
- Appropriate footwear (e.g. trainers)
- Comfortable clothes that you will be able to exercise in without getting too hot
- A bottle of water to drink, as exercise can make you thirsty.

How long is the program

The gym based exercise program lasts 10 weeks. At the end of the 10 weeks you will be assessed again by the referral team who will decide whether you are capable of transferring to our normal gym schemes.

What is the Cost

Under the health referral scheme the cost of each session will be £2.50. The payment for this should be made in one block payment of £25.00.

Locations

To give our community the best possible access to The ABC Health Referral Scheme the scheme will operate from 2 centre's so you can choose the best location for you:

MACBI, Newlands Road, Mintlaw

Old Mart Gym, Deer Road, Maud

After your initial consultation with a Health Referral advisor at the centre of your choice you will be invited to attend classes or individual appointments that reflect your personal needs.

Who delivers the Active Buchan Community Health Referral Scheme

The scheme at both centres is delivered by trained professionals, and any exercise routines will be carried out by fully qualified fitness instructors. The scheme will be tailored to your individual needs and the referral team will explain the activities and classes you will undertake in detail. Your progress will be monitored on all aspects of your health and wellbeing and you will be given ongoing support and advice throughout the scheme. Your progress will be monitored on all aspects of your health and wellbeing and you will be given ongoing support and advice throughout the scheme.

Benefits of the Scheme

The Active Buchan Health Referral Scheme will give you the opportunity to access a full range of lifestyle changing services (e.g. healthy helpings, health walks, confidence to cook classes, smoking cessation). This in turn will help you experience the positive effects that targeting your health can have on your quality of life. You will also meet new people and have the opportunity to enjoy yourself in a safe and supported environment.

CONTACT DETAILS.

Old Mart Gym

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