

# Everyone can benefit from Physical Activity. Being physically active regularly is great for your health.



The Exercise Referral scheme is a programme for adults (16+) with a medical condition. The scheme across Leicestershire & Rutland works closely with health professionals to identify individuals who would benefit from participating in enjoyable exercise.

## **QUALIFYING CONDITIONS INCLUDE;**

- High Cholesterol Levels
- Obesity
- Hypertension
- Controlled Diabetes
- Depression, Stress or Anxiety
- Rheumatoid Arthritis
- Respiratory Disease
- Back Pain
- Osteoporosis
- Neurological Disorders

People who are referred to the scheme will receive a 12 week activity programme designed for their needs delivered by highly qualified instructors.

If you have a condition you feel may be improved by increasing activity levels please speak to your local GP to discuss your eligibility.



**LEICESTER-SHIRE  
& RUTLAND SPORT**  
SPORT & PHYSICAL ACTIVITY



## **FURTHER INFORMATION CONTACT**

[www.lrsport.org/sports/exercisereferral](http://www.lrsport.org/sports/exercisereferral)  
[g.hillier@lrsport.org](mailto:g.hillier@lrsport.org) or 01509 564873

# Exercise Referral Co-ordinators

## Blaby Co-ordinator **Joanne Grant**

 0116 2727544  
 Joanne.Grant@blaby.gov.uk



## Charnwood Co-ordinator **Will Blanche**

 01509 634966  
 will.blanche@charnwood.gov.uk



## Harborough Co-ordinator **Danny Hallam**

 01858 821286 / 07879828187  
 D.Hallam@harborough.gov.uk



## Hinckley & Bosworth Co-ordinator **Graeme Chilvers**

 01455 255678 / 07966202085  
 Graham.Chilvers@hinckley-bosworth.gov.uk

## Melton Co-ordinator **Steve Taylor**

 01664 502502 (Ext:3431) / 01664 502502  
 staylor@melton.gov.uk


## North West Leicestershire Co-ordinator **Mark Elliott**

 01530 454606 Or 01530 811215  
 mark.elliott@NWLLeicestershire.gov.uk



## Oadby & Wigston Co-ordinator **Sarah Davies**

 0116 272 0789  
 saradavies@everyoneactive.com

## Rutland Co-ordinator **Danielle Adams**

 01572 720936 / 07765 770930  
 dadams@rutland.gcsx.gov.uk

## Leicester City Active Lifestyle Scheme Co-ordinator **April Alcott**

 0116 454 6768  
 April.Alcott@Leicester.gov.uk