Take some simple steps to become more active in a safe manner that works around your medical condition.
THE BROADLY ACTIVE REFERRAL SCHEME

What is it? Broadly Active is a 12 week scheme available through your surgery, physiotherapist or pharmacy. A qualified exercise professional will help you build a programme of physical activity that is appropriate to you and any medical conditions you may have. A range of sessions are offered across Broadland and are supervised by safe, qualified and fun instructors. The scheme is available to anyone aged 16 and over.

How can it help me? Regular activity that makes you feel warmer and breathe hard has many health benefits. It can help you lose weight, strengthen muscles, reduce the risk of falling plus help to manage or improve a range of medical conditions including:-

- High blood pressure
- Diabetes
- Arthritis
- High Cholesterol
- Anxiety/Depression
- Chronic back pain
- Stress

Plus many more
How can I get involved?
Speak to your doctor, nurse, physiotherapist or pharmacist about being referred to Broadly Active. They will discuss your suitability and complete a referral form if appropriate.

What happens next?
You will be requested to attend an initial meeting where you can discuss your health, goals and activity options. You will be offered some simple health checks to allow you to measure your progress and a comprehensive personalised programme will be prepared for you.

You will be monitored throughout your time on the programme with changes made when necessary to aid improvements and also help you enjoy being more active.

What activities are available?
There are a range of activity choices at different locations to help suit your lifestyle and availability. This include:

- Exercise Classes
- Gym based programmes
- Water based exercise
- Supervised health walks
- Condition specific programmes eg. Low back pain, cardiac rehabilitation and cancer rehabilitation
- Information on other opportunities such as table tennis, New Age Kurling, dance etc.

There is a small charge for most activities available through the Broadly Active scheme.
Expert instructors will help you along the way providing support advice and information on progressing. At the end of the 12 weeks there will be a final assessment to measure your progress on the scheme. There will also be a discussion on how to continue your improvements. Broadly Active may even be able to offer you further discounts to continue being active. A final report will be sent to you and your GP detailing the progress you have made and how you intend to keep up the good work.

For more information contact

The scheme Co-ordinator, Broadly Active, Broadland District Council, Thorpe Lodge, 1 Yarmouth Road, Thorpe St Andrew, Norwich, NR7 0DU. Tel 01603 430487 Email broadlyactive@broadland.gov.uk

If you would like this information in a different format, such as large print, audio, Braille or in a different language please call the Broadly Active team on (01603) 430487 and we will do our best to help.

www.broadland.gov.uk

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