

# UP AND ACTIVE BURNLEY

WE'RE HERE FOR YOU



## Exercise Referral

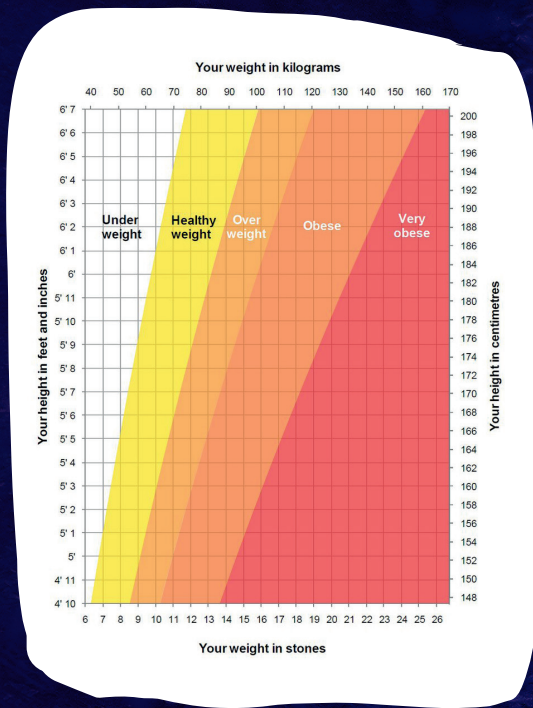
A 12 week structured programme of physical activity. Exercise options include; chair based exercise, group health walks, low level group activity, supervised gym and the Feel Good Room.

Each session has a charge of £2 during the 12 weeks. We ask a minimum attendance of one session a week.

**To be eligible for this programme you must be at least 16 years old, inactive and have one or more health conditions.**

This programme can be accessed via self-referral or a referral from a Health Professional (GP, Practice Nurse, Physio etc).





## Cardiac Rehabilitation

A 12 week structured programme of progressive exercise and health education for people who have recently had a heart attack or heart surgery. Exercise options include: group health walks, low level group activity, supervised gym, plus group health education.

**The cost of the programme is £30 for the 12 weeks.**

This programme is only accessed via a referral from a Cardiac Nurse or Health Professional (GP, Practice Nurse, Physio etc).



## Weight Management

A 12 week course of health education, with optional weekly weigh-ins, as well as support and motivation from your Up and Active instructor. Group education sessions will be available within leisure facilities and online, additional one-to-one support will also be on offer.

**You will be eligible to access a selection of leisure activities for a one-off fee of £30 whilst on your 12 week weight management programme.**

To be eligible for this programme you must be at least 18 years old and have a Body Mass Index (BMI) of 30-39.9. This programme can be accessed via self-referral or a referral from a Health Professional (GP, Practice Nurse, Physio etc).



## How to access the Up and Active Service

**Self-Referral** – please contact us on 01282 477134 to speak to one of the Up and Active Advisors, who will get you started

**Health Professional Referral** – please make an appointment with your Health Professional to discuss suitability. If suitable, your Health Professional will send a referral form to the Up and Active Hub and an advisor will then make contact with you.

