

Useful telephone numbers and addresses:

Blaenavon Leisure Centre

Coed Cae Road
Blaenavon
NP4 9JF

Tel: 01495 790646 (bookings and enquiries)

Cwmbran Stadium

Henllys Way
Cwmbran
NP44 4YZ

Tel: 01633 872811 (bookings)

01633 872811 (enquiries)

01633 627109 (Fitness Suite)

Pontypool Leisure Centre

Trosnant Street
Pontypool
NP4 8AT

Tel: 01495 755764 (bookings)

01495 762114 (enquiries)

01495 757550 (Fitness Suite)

X4L
Exercise for life



Bwrdd Iechyd Lleol
Local Health Board
Torfaen

TORFAEN
COUNTY
BOROUGH



BWRDEISTREF
SIROL
TORFAEN



New Opportunities Fund
Y Grants Cyfleoedd Newydd
LOTTERY FUNDED
ARENNIR GAN Y LOTERI





What is the Exercise for Life Scheme?

The Scheme has been established from a partnership between your local doctor's surgery, Torfaen Local Health Board and Torfaen Leisure Services as part of the Healthy Living Initiative.

It is aimed at people who are not used to being regularly physically active and who have certain medical conditions. It gives you the opportunity to try some regular activity to help improve your health and well being.

How do I join the Scheme?

If your doctor/nurse believes you would benefit from regular exercise, they will record your details on a referral form and post it to the local leisure centre. You will then be phoned by the leisure staff to make an initial induction appointment. The GP/nurse will also give you a form to complete and take to the leisure centre – it has some questions about your present activity levels and your general well-being

What will it cost?

Patient exempt from prescription payment	20 Sessions - No charge
Patients who pay	20 sessions for the price of one prescription You pay this at the leisure centre when you attend your induction.

What does this exercise scheme consist of?

The Scheme consists of 20 exercise sessions over the course of 10 weeks and its aim is to help you to be able to confidently exercise regularly once the 10 weeks is over.

You will be invited to the Fitness Suite for an introductory session which will "break the ice" and the scheme will be explained further. You will be asked to hand over your completed questionnaire form and then you'll undergo a few simple measurements such as weight, height, blood pressure. This consultation will help you choose an activity that will suit you for the next 10 weeks and your programme will be tailored to all your needs.

What types of activities are available?

There are regular sessions available throughout the week that includes leisure-centre based activities such as:

- The gym;
- Exercise to music/ yoga / circuits classes;
- And the swimming pool.

For the more outdoor types we are looking to create opportunities for you to become more physically

active in your natural environment. The following partnerships have been established in order to pilot outdoor activities in Torfaen:

- The Green Gym (active conservation work around Pontypool Park, eg gardening, dry stonewalling);
- and the Walking the Way to Health Scheme (sociable group, led walks)

What benefits can I gain from taking part in regular activity?

Regular exercise can help to -

- Improve your stamina
- Increase your strength and suppleness
- Reduce or maintain weight
- Improve your self-confidence and self-esteem
- Reduce the risk of coronary heart disease and stroke
- Help control blood pressure
- Reduce the effects of osteoporosis
- Improve your general well-being.

Are there any risks to my health from exercising?

The many benefits of exercising regularly outweigh the risks to your health, but you may feel a little joint or muscle discomfort, particularly if you haven't exercised for a long time, although these risks can be minimised by an adequate programme.

Although very small, there is a risk of cardiac complications (often in people who already have coronary heart disease) but the Instructors have been trained to minimise this. If however you feel sick or dizzy, have joint or chest pains or are generally unwell while exercising please stop and speak to one of the Instructors.

What do I need to bring and wear to the first session?

Please bring with you a drink (water), an emergency contact number and a sugary snack/drink if you are diabetic. Wear loose clothing in which you feel comfortable (eg trousers, tracksuit, jumper, sweatshirt, T-shirt) and don't forget your questionnaire form.

What happens after 10 weeks?

After 10 weeks you will discuss your progress with the Exercise for Life Instructor and you can take advantage of a wide range of activities within the Leisure Services facilities at a reduced rate. You will be provided with all the advice that you need to continue Exercising for Life.



If you have any further enquiries then please don't hesitate to phone the Exercise for Life Team on: 01633 627128 (please leave a message if there is no answer).

