

Exercise Referral & Cardiac Rehabilitation Phase IV

Welcome to Teignbridge Leisure Referral Schemes which are designed to help people become more active more often, and therefore experience the many health benefits that can be gained from doing so safely & effectively. You can take part in activity sessions at any Teignbridge Leisure Centre in Teignmouth, Dawlish or Newton Abbot, and also our Walk This Way walking for health scheme



We appreciate that taking part in the scheme may seem daunting, even though your GP or other healthcare professional has referred you to us. You are welcome to bring along a friend or family member to your first appointment if you are concerned about taking on a new challenge in a new environment. Our staff will welcome you, and do their utmost to support you in achieving your goals



Your first consultation will be a discussion about your health & medical background, and how we can use our exercise & physical activity options to meet your individual needs. We will measure your blood pressure, waist circumference, height, body composition, and respiratory peak flow. These measures are taken again at the end of the scheme and will be used to assess your progress.

You attend twelve exercise sessions over six to twelve weeks in the gym or exercise studio. We can discuss more options for during & after your course. Some of these may be in your local community. Once you have graduated there will be an opportunity for regular reviews to continue to support you.



£15.00 initial 1:1 consultation & assessment. £3.50 per session thereafter
To include two consultations and twelve exercise sessions

Contact: 01626 215590

Email: broadmeadowsc@teignbridge.gov.uk or www.teignbridge.gov.uk/leisure

Or contact your local Health Centre for more information



Healthy weight, living life. Devon Weight Management Service.

Speak to your GP or Practice Nurse for details

Teignbridge Walk This Way is part of Walking for Health in Devon

The walks are led by trained, friendly, volunteer walk leaders who will be sure to give you a warm welcome. If you are a new walker, please arrive 10 minutes before the start time to complete a simple registration form.

All walks are free and graded so that you can choose the right intensity. All you need are comfortable shoes, loose fitting clothing and waterproofs if wet. And do bring some money if you wish to stop for refreshments afterwards.

Walking is the lowest risk of all physical activities, yet produces massive benefits to physical fitness and mental wellbeing. It is a great way to explore your local area, make new friends and learn more about your immediate community.

Devon County Council Public Health support Active Devon and Teignbridge to develop Walking for Health, so that more people in Devon can enjoy being part of a local health walk group.

For more information visit www.teignbridge.gov.uk/walkthisway

or email walkthisway@teignbridge.gov.uk

