



BRISTOL'S REFERRAL SCHEME

Exercise referral scheme at Brunel Fitness Centre

If you suffer with any type of the medical conditions below:

- Overweight
- Stress, depression
- Skeletal or muscle injuries
- High blood pressure
- Type 2 diabetes
- COPD
- Parkinson's
- Arthritis

Exercise may help you.

To join the scheme, you will need to be referred from a medical professional, so just ask your GP, physio or nurse practitioner and they will fill in a form for you.

Once Brunel Fitness Centre receives your form we will call you to arrange an induction where our friendly exercise referral qualified staff will create a personalised programme for you in the gym to help you achieve your goals.

There is a charge to join the scheme which is £50 (for 12 weeks) or £5 PAYG.

The scheme runs for 12 weeks and our staff are on hand the whole time to give you all the advice, guidance or motivation you may need.

We are sure you will feel the difference after the 12 weeks, so we offer a big discount on our monthly membership to those who complete their 12 week course, which is **£20.00 a month peak (normally £32.50)**

If you are interested in joining the scheme or have any questions please contact Warren, Becky or Ellie today on: **01173770098**

Some examples of what people that have completed the scheme have said:

“Staff are helpful and good with giving help with overall fitness, my health has improved greatly”

“Really feeling the benefit of being a member, all good”

“The facilities and equipment are really good and easy to use from the induction training. The staff and instructors are really helpful and friendly”

“Had a great time and definitely benefitted”