

Information for referred patients



Your Health Professional has given you this referral as a way of improving your health through physical activity. It is positive action you can take to improve your own health and take control of your life.

You don't have to be sporty to be fit

Your own fitness level should meet the needs of your daily life. You should be able to climb the stairs, take a brisk walk and perform other normal activities without getting breathless or tired.

Regular structured physical activity can strengthen your heart, improve your circulation, help lower your blood pressure and cholesterol levels, control your weight, reduce stress and make you feel better about yourself.

What do I do now?

Healthworks is available from the following Leisure Centres. Simply call the Leisure Centre most convenient for you.

Fleming Park Leisure Centre, Eastleigh: 023 8068 4813 (Answer phone someone will call you back)

Wildern Leisure Centre, Hedge End: 01489 787128

Remember to take your prescription to your first appointment and wear something comfortable to exercise in. A personalised physical activity programme will be designed to suit your needs and preferences in total confidence. The programme is structured 12 week course of physical activity.

What does it cost?

Your first appointment is free but after that, the activities are available at a discounted rate. The activities are:

- Gym Sessions
- Swimming
- Aquatherapy
- Healthwalks (FREE)
- Over 50's Club Activities
- Low level circuit class
- Neuro Fit class
- Steady and Strong class