



**Exercise  
Health  
Referral**

# PARKLANDS LEISURE CENTRE

**Exercise Referral Programme – offering inactive individuals with ‘long term health conditions’ exercise opportunities.**

Your trained instructor will help you to meet your goals by suggesting activities such as the gym, group exercises classes, pool activities, walking sports and more.

Moving more could help you manage your condition/pain.

## **Benefits are:**

- 25% lower membership fee
- Maintain a healthy weight
- Manage and reduce pain
- Stay mobile
- Sleep better
- Improve your mood
- Sharpen your memory
- Have healthy muscles and bones
- Meet like-minded people

**Call 0116 2720789 and ask for the Exercise Referral co-ordinator or email on: [Parklandsgp@everyoneactive.com](mailto:Parklandsgp@everyoneactive.com)**

**EVERYONE**

**IS STAYING ACTIVE**



**everyone  
ACTIVE**



[everyoneactive.com](http://everyoneactive.com)