



Exercise Referral Scheme

Well-established programme supporting residents to manage or improve existing medical conditions

- Pathway to provide individuals with 1:1 support on this 12 week exercise programme after being referred by their GP / medical professional.
- Working in partnership with the Active Harborough team, the Training Shed put together accessible exercise programmes to promote healthier lifestyles.
- Fully qualified instructors tailor exercise plans according to participants personal requirements and goals.
- Participants are fully supported through the 12 week programme and encouraged to continue with the accessible exercise plan after the programme ends.
- From 'Wheels for All' cycling events using adapted bikes suitable for all, to bespoke exercise plans and dietary support, the Exercise Referral Scheme can help improve or manage existing medical conditions.

For further information contact the HDC Sport & Activity Team:

Email: activeharborough.gov.uk

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