

Common conditions that will benefit from regular exercise:

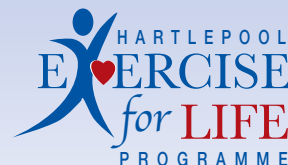
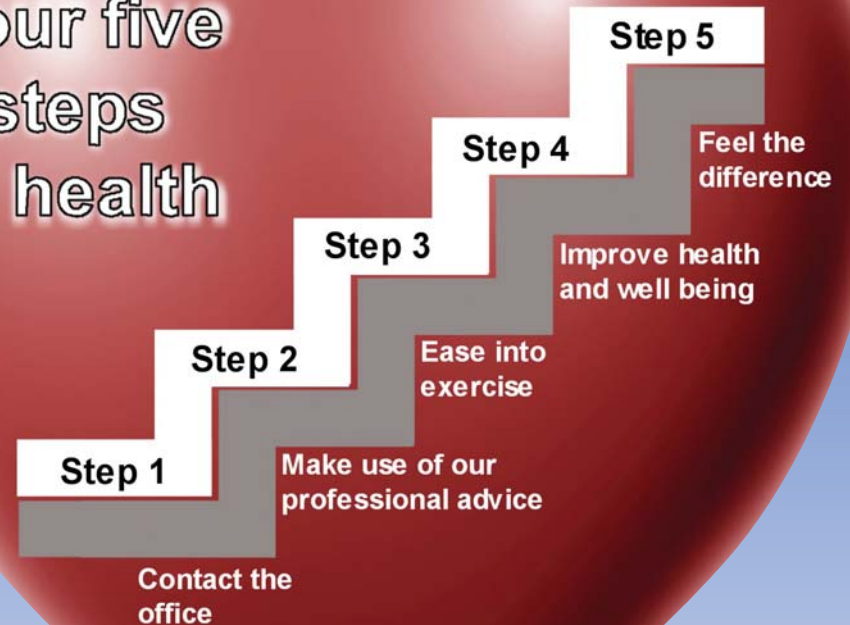
- ♥ Arthritis
- ♥ Osteoporosis
- ♥ High Blood Pressure
- ♥ Diabetes
- ♥ Obesity
- ♥ Heart Problems
- ♥ Stress, Anxiety and Depression
- ♥ Back Problems
- ♥ General Health Concerns

The scheme operates in venues town wide.

Active Cards are accepted for concessions on this scheme.

Hartlepool Exercise For Life Programme

Your five steps to health



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For more information contact the scheme co-ordinators on:
01429 861866

Step 1

On contacting the office you will be asked to complete a simple health screening form. If necessary we will then speak to your G.P or Practice Nurse.

Step 2

You will be directed to the appropriate type of exercise session, which will address your health needs.

Step 3

A ten week course is offered to all referrals. Our professional team will guide and support you throughout.

Step 4

On course completion you will be given information on where you can move onto and continue exercising.

**Pulmonary
Re-habilitation**

**Cardiac
Re-habilitation**

**Pool Based Water
Mobility**

**Gym Based
Exercise**

**Weight
Management**

**Healthy Eating
Advice**

Chair Mobility

Gentle Circuit

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