

GP Exercise Referral Scheme

Are YOU one of the 70% of men or 80% of women who don't take enough exercise?

A few HEALTH BENEFITS of regular exercise include:

- Improve the health of your heart
- Improve Cholesterol & Circulation
- Lower Blood Pressure
- Relieve Stress

Discounted rates are available on our GP Exercise Referral Scheme.

Ask your Doctor, Consultant or Nurse about referring you for exercise!

Our Qualified Referral Scheme Consultants will devise a 12 week monitored programme of exercises specifically tailored to your needs and preferences.

For further information, please speak to your doctor or contact our exercise referral consultant:

Wantage Leisure Centre 01235 766201
Faringdon Leisure Centre 01367 241755



www.soll-leisure.co.uk



SOLL Leisure-working in partnership with the Vale of White Horse District Council.

SOLLutions
Health and Fitness



Inspiring people to...
feel great!