

Exercise on Referral

There are delays with processing of referrals so please manage expectations when promoting this service.

Residents must meet the following criteria:

- Lives in Hounslow
- Adult 18+ years
- Have an inactive lifestyle (less than 3 occasions of moderate intensity per week)
- Referred by a GP or health professional (cannot be self-referred) in relation to one of the following:
 - Mild to moderate depression
 - Obesity (BMI>30 or >27.5 for Asian populations) with co-morbidities
 - Hypertension
 - Diabetes – Type 1 & Type 2
 - Osteoporosis
 - Arthritis
 - CVD or high risk of CVD
 - Neurological condition
- Does not have any of the following conditions or contraindications:
 - ACSM contraindications to exercise testing
 - BACR phase IV contraindications to exercise
 - An unstable or uncontrolled medical condition such as diabetes, asthma, epilepsy, hypertension, psychotic illness
 - Severe medical conditions such as, heart disease, osteoporosis or musculoskeletal disorders exacerbated by exercise

Time Commitment: 24 week programme (12 sessions with an instructor's support 12 sessions independently).

Offer: Aqua Classes, Group Gym, 1:1 Gym and Group Classes. These takes place during the day with some evening and weekend appointments at the following leisure centres:

1. Brentford Fountain Leisure Centre
2. Hanworth Air park leisure centre
3. Isleworth Leisure Centre
4. Heston Pools & Fitness
5. New Chiswick Pool