



Active For Health

Exercise Referral Scheme

Would your health benefit from becoming more active?

Do you need help with:

- Losing weight and weight management
- Managing stress and anxiety
- Reducing the risk of or controlling Type II Diabetes
- Breathing more easily
- Improving mobility
- Decreased mobility associated with joint and muscle problems
- Increasing your strength and flexibility
- Controlling your blood pressure
- Having a healthier lifestyle and living life to the full!

Our 'Active for Health', exercise referral scheme can help you.

Ask your GP or health professional about the 'Active for Health' exercise referral scheme or contact us using the contact details overleaf for more information.



Email: activeforhealth@nexuscommunity.org

Visit: www.nexuscommunity.org

Make it three

Use us for three of your five a week!



Need more information?

activeforhealth@nexuscommunity.org

www.nexuscommunity.org

If your GP or health professional feels that your health would benefit from you becoming more physically active, they may refer you to your local sports centre.

There, you will be offered a consultation with a clinical exercise specialist who will be able to give you advice on an individual, safe and effective exercise programme.



For further information about the scheme please e-mail activeforhealth@nexuscommunity.org or call your local Health Programme Co-ordinator on:

Caroline Luff
(Chiltern District)
07970 214 742

Louise Grafton – Mitchell
(South Bucks District)
07824 460 105

Penny Reynolds
(South Oxfordshire District)
07824 328 753

Heidi Portlock
(West Oxfordshire District)
07825 670 421

Give Exercise a chance

Ask your GP or call your local Health Programme
Co-ordinator TODAY!

Nexus means connected, hub, centre or focal point and we want to be at the centre of the communities we serve.

We are proud to work with and provide services on behalf of:



South Bucks
District Council



WEST OXFORDSHIRE
DISTRICT COUNCIL



Listening Learning Leading