

EASE into exercise

What is Ease into exercise?

Everyone knows exercise is good for them, but often find it difficult to get started. Let Ease into Exercise help you. We can offer 20 introductory sessions of activity tailored to your needs, and provide the support of trained individuals. Each type of activity aims to help you to feel more energetic, to take a positive step to improve your health, and give you the chance to meet new people in a friendly and fun environment.

Why should I Ease into exercise?

Most people like to look good as well as feel good. Exercise can help you achieve this. When you exercise, it isn't just your fitness that improves - you'll feel better all over.

Exercise helps you:

- Manage your medical condition
- Improve your flexibility and mobility
- Strengthen your heart and lungs
- Improve your posture
- Feel less stressed and tired
- Feel more confident
- Strengthen and tone your muscles
- Manage your weight

Who should Ease into exercise?

This is specifically aimed at those people who have a medical condition that would benefit from more regular physical activity. This includes:

- Hypertension
- Epilepsy
- Arthritis
- Heart disease
- Stress
- Lower back pain
- A fall in the last 12 months
- Obesity and weight reduction
- Diabetes
- Asthma
- Chronic obstructive pulmonary disease
- Osteoporosis
- Mild depression
- Poor mobility
- Joint/muscular problems



What exercise can I Ease into?

Whilst on the programme you can exercise in any of the Erewash Borough Council leisure centre gyms, specific fitness classes or swimming. You can also join in one of the walking for health programmes organised by Ground Work Derbyshire.

How much does it cost?

Each session will cost £2.30

How do I join Ease into exercise?

- 1 Please check with your GP, practice nurse or physiotherapist that the programme is suitable for you.
- 2 They can then refer you into the programme.
- 3 Next you will then receive a letter offering you an appointment for a screening interview.
- 4 This appointment will last for about one hour, during which time you will be asked a few questions and given an initial health assessment.
- 5 Based on this information, an activity advisor will offer you a set of activity sessions where an instructor will devise a personal exercise programme for you.
- 6 After completing the maximum 20 sessions of activity you will return to see the activity advisor to review the programme and your achievements.
- 7 Working together, you and the activity advisor will choose a best option for you to continue being active after the programme has finished.

Contact: Paul Mallet - tel: 0115 931 6213

**This leaflet is available in other formats:
large print and audio CD, floppy disk, CD, and other
languages. We can also offer sign
language services**

Please telephone 0845 907 2244 ext 3225

