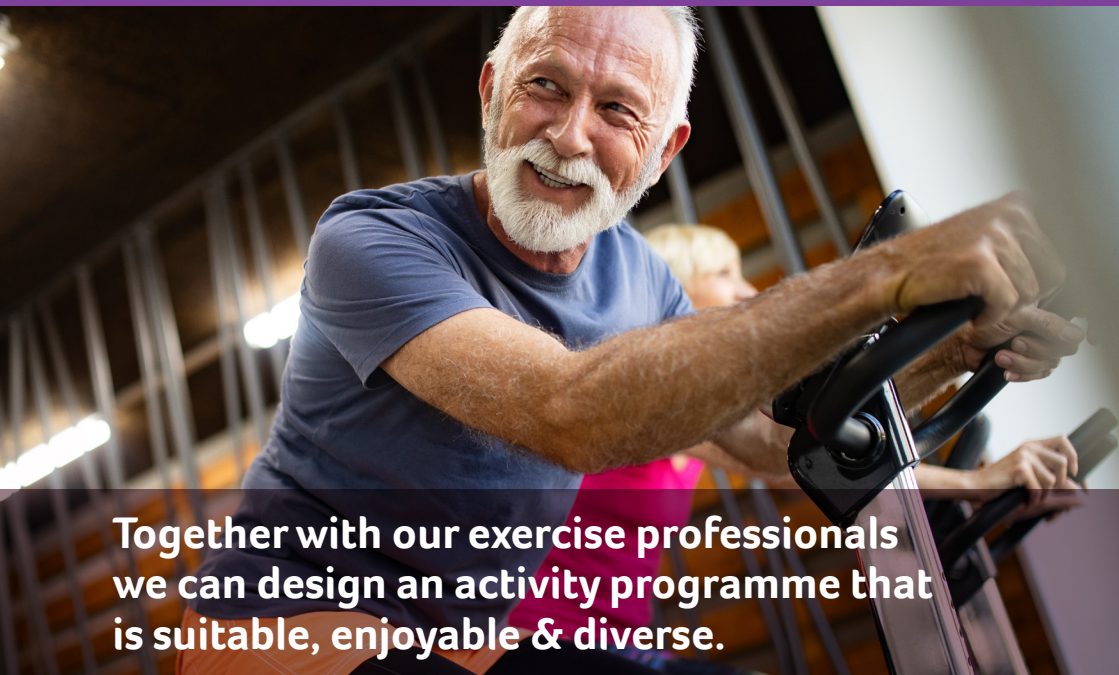


# THE LIFE ENHANCING ACTIVITY PROGRAMME - LEAP



Together with our exercise professionals we can design an activity programme that is suitable, enjoyable & diverse.

**LEAP** is a subsidised scheme for Health Professionals to refer patients to Leisure World Colchester for an activity programme designed specifically by our exercise professionals.

**The 12-week programme** helps people lead a healthier life through a variety of physical activities to improve people's health & wellbeing.

These activities range from: **Gym Based Exercise | Cardiac Rehab Classes | Water Mobility Classes | Back Rehab Classes | Lower Body & Full Body Based Circuits**



leisure world





## HOW CAN I JOIN?

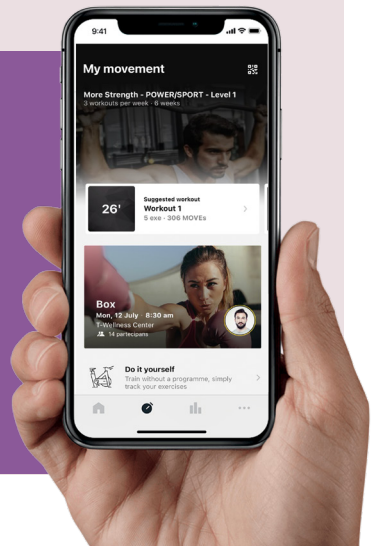
If you have any of the following health conditions, you can ask to be referred by your Health Professional:

- ✔ Heart Disease
- ✔ High Blood Pressure
- ✔ High Cholesterol
- ✔ Stroke
- ✔ Asthma
- ✔ C.O.P.D
- ✔ Lung Disease
- ✔ Mental Health Problems
- ✔ Muscular Skeletal Problems
- ✔ Diabetes
- ✔ Obesity
- ✔ Osteoporosis
- ✔ Osteo/ Rheumatoid arthritis

Your Health Professional will then check that your health conditions are stable and controlled before referring you (inclusion/exclusion criteria apply).

## MYWELLNESS

To ensure we give you all the tools and knowledge to benefit from your increased activity levels we use the MyWellness App. The App allows us to take physical measurements, structure your personalised programme with achievable progressions & monitor your use to support you during your LEAP journey.



## THE LEAP JOURNEY

- 1** Contact your Health Professional to be referred on the LEAP programme. If you meet the inclusion/exclusion criteria, they will complete & send the referral form to the LEAP Team.
- 2** Once we have received your referral form, we aim to phone you within 7 days of receiving the referral.
- 3** Will then book your LEAP Consultation. This is 1-to-1 session with one of our exercise referral specialists best qualified for your specific health condition.



- 4** We will discuss:
  - Past and current medical conditions.
  - Past and current Physical Activity.
  - Current nutrition and diet.
  - Physical Measurements
  - Specific Aims
- 5** The next step is your booked in for an induction. This appointment is when we discuss & agree together your prescribed physical activity programme going forward.



### **12-Week Physical Activity**

**Programme:** During the 12-weeks the LEAP Team will be there to offer support in person and through phone reviews after 10 days & 36 days of starting the programme. As you progress, we might suggest other activities or suggest a re-assessment if you're in need of further guidance.

**12-Week Completion:** At the end of your 12-weeks you will have a re-assessment to analyse your progress & discuss whether you achieved your specific aims. We then discuss opportunities for continued physical activity. Your referring health professional will then receive a feedback letter on your progress by the end of the 12-week physical activity programme.

\*If referred via a rehabilitation programme the feedback letter will be sent to the patients GP.

For further information, speak to your health professional or contact the LEAP team on 01206 282045 or visit LEAP Exercise Referral Scheme - Leisure World

[colchesterleisureworld.co.uk/leap-exercise-referral-scheme](http://colchesterleisureworld.co.uk/leap-exercise-referral-scheme)

