Physical activity referral scheme
Helping you take some simple steps to become more active in a safe way that works around your medical condition.
The Broadly Active Referral Scheme

What is it?
Broadly Active is a 12-week scheme, delivered by Broadland District Council and available through your surgery, physiotherapist or pharmacy. One of our qualified exercise professionals will help you build a programme of physical activity that is appropriate to you and any medical conditions you may have. A range of sessions are offered across Broadland and they are supervised by safe, qualified and fun instructors. The scheme is available to anyone aged 16 and over.

How can it help me?
Regular activity that makes you feel warmer and breathe harder has many health benefits. It can help you lose weight, strengthen muscles, reduce the risk of falling and help to manage or improve a range of medical conditions including:

- High blood pressure
- Diabetes
- Arthritis
- High cholesterol
- Anxiety/depression
- Chronic back pain
- Stress
And many more
How can I get involved?
Speak to your doctor, nurse, physiotherapist or pharmacist about being referred to Broadly Active. They will discuss your suitability for the scheme and complete a referral form, if appropriate.

What happens next?
You will be requested to attend an initial meeting where you can discuss your health, goals and activity options. You will be offered some simple health checks to allow you to measure your progress and a comprehensive, personalised programme will be prepared for you.

You will be monitored throughout your time on the programme with changes made when necessary to aid improvements and help you enjoy being more active.

What activities are available?
There are a range of activity choices at different locations to help suit your lifestyle and availability.

These include:
• Exercise classes
• Gym-based programmes
• Water-based exercise
• Supervised health walks
• Condition-specific programmes e.g. low back pain, cardiac rehabilitation and cancer rehabilitation
• Information on other opportunities such as table tennis, New Age Kurling, dance etc.

There is a small charge for most activities available through the Broadly Active scheme.
Meet the team:

Instructors:

Dan Goodwin set up the Broadly Active scheme in 2005. He has a coaching background and has been a Level 4 instructor for more than ten years. Dan’s specialisms include cardiac rehabilitation, chronic low back pain and during/post cancer treatment. He has always been interested in physical activity and its effects on the body, which led him to complete a Sports Science degree before becoming a trainer. Dan takes part in a number of different sports and exercises and currently competes as an obstacle racer.

Steven Hitcham takes most of the Broadly Active circuit classes and gym programmes. He has worked for the scheme since May 2014 and is currently studying to be a Level 4 Postural Stability Instructor, so specialises in fall prevention. Steve enjoys running and outdoor exercise in his spare time.

Maria Hutson joined the Broadly Active scheme as an instructor in 2009, having taught aquafit since 2001. She specialises in water exercise and teaches the Broadly Active aqua classes at Riverside Leisure Centre in Norwich. Maria enjoys meeting new clients and also puts together gym programmes for those wanting exercise out of the water at gyms across the area.

Emma Haughton has been working as a Broadly Active instructor for the last five years. She is a Level 4 exercise specialist, who works with a range of people, specialising in those with heart problems. Emma is also trained in lower back pain and cancer rehabilitation. She enjoys making a difference to people’s lives.
Administrators:

**Nicki Rogers** helps with the administration of the Broadly Active scheme, supporting clients after induction and keeping in contact with them during the 12 weeks. She has more than 30 years’ experience in administration and has been with Broadly Active since 2013. Nicki enjoys working with clients and watching their progression.

**Hannah Grange** has worked in administration support for Broadly Active for the last nine years. Her main role is to book clients their first appointments and help monitor their progress throughout the scheme. Hannah worked in the NHS before joining Broadly Active nine years ago. She enjoys working for the scheme, especially hearing about those who have got results from taking part in the 12-week programme.
Expert instructors will help you along the way, providing support, advice and information on progressing. At the end of the 12 weeks there will be a final assessment to measure your progress on the scheme and a discussion about how to continue your improvements. Broadly Active may even be able to offer you further discounts to continue to keep active. A final report will be sent to you and your GP detailing the progress you have made and how you intend to keep up the good work.

For more information,
T: 01603 430487
E: broadlyactive@broadland.gov.uk
Broadly Active,
Broadland District Council,
1 Yarmouth Road,
Thorpe St Andrew,
Norwich, NR7 0DU

If you would like this information in a different format, such as large print, audio, Braille or in a different language please call the Broadly Active team on (01603) 430487 and we will do our best to help.
Physical activity benefits for adults and older adults

- **Benefits for Health**
- **Improves Sleep**
- **Maintains Healthy Weight**
- **Manages Stress**
- **Improves Quality of Life**

**What should you do?**

**For a healthy heart and mind**

- **Be Active**
  - VIGOROUS: Run
  - MODERATE: Walk
  - SPORT: Sport
  - CYCLE: Cycle
  - STAIRS: Stairs
  - SWIM: Swim

**To keep your muscles, bones and joints strong**

- **Sit Less**
  - TV: Sit
  - GYM: Gym
  - SOFA: Sofa
  - YOGA: Yoga
  - TAI CHI: Tai Chi
  - COMPUTER: Computer

**To reduce your chance of falls**

- **Build Strength**
- **Improve Balance**

**MINUTES PER WEEK**

- **75** VIGOROUS INTENSITY (Breathing fast, difficulty talking)
- **150** MODERATE INTENSITY (Increased breathing, able to talk)

**OR A COMBINATION OF BOTH**

**BREAK UP SITTING TIME**

- 2 DAYS PER WEEK

**REDUCES YOUR CHANCE OF**

- Type II Diabetes -40%
- Cardiovascular Disease -35%
- Falls, Depression and Dementia -30%
- Joint and Back Pain -25%
- Cancers (Colon and Breast) -20%

Something is better than nothing.
Start small and build up gradually:
just 10 minutes at a time provides benefit.
MAKE A START TODAY: it’s never too late!

UK Chief Medical Officers’ Guidelines 2011
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