

EXERCISE REFERRAL OPTIONS & PRICES

Subsidised Membership

3 month contract at £29.99pm

Includes 3 referral consultations and 2 check-ins plus unlimited gym access, 12 classes per month, 10% discount on other services such as Physio, Nutrition or Personal Training

Pay-As-You-Go

Includes 3 referral consultations and 2 check-ins
£6 per session (gym or class)

What's Next?

Take the Urban Exercise Referral Form to your GP, surgery, or clinic. Once they have completed the details, pop the form into Urban, and get started on your fitness journey!



EXERCISE REFERRAL AT URBAN



urban
staying fit together

WHAT IS EXERCISE REFERRAL?

Exercise Referral is a subsidised exercise program designed specifically to support you if you are currently living with a health condition such as:

- **Diabetes**
- **Asthma**
- **Arthritis**
- **Rheumatoid Arthritis**
- **Osteoporosis**
- **High Blood Pressure**
- **Depression**
- **Anxiety**
- **BMI above 31**
- **Mechanical Back Pain**
- **Coronary Obstructive Pulmonary Disease**



The Urban Exercise Referral Scheme is a great way to improve your health and increase your physical activity level.

Exercise Referral Advisor: **DANIELLE**



Danielle is a qualified Exercise Referral Advisor, Level 4 Physical Activity Coach and Senior Personal trainer at Urban Health & Fitness.

With extensive experience of training clients with clinical conditions, Danielle will create a bespoke exercise program tailored for your specific needs.

An initial health assessment and consultation will be carried out to ensure you receive a program that is both effective and motivating.

Your progress will then be monitored with regular check-ins.

Benefits of the Exercise Referral Scheme at Urban:

*Enables you to work with a fitness professional who understands your medical conditions and any limitations you may have.

*A gentle introduction to physical activity which will play an important role in managing your health condition and the prevention of further conditions

*Provide you with the confidence to maintain a fitter and healthier lifestyle.