Do you have a medical condition or injury that prevents you from being active?

If you would like to be more active, but not sure what exercise would benefit your health, then you can apply for a reduced rate Kent Sport membership.

For more information about the Exercise Referral Scheme, ask your GP, practice nurse or Kent Sport Fitness Instructor Sarah Black s.m.black@kent.ac.uk
Am I eligible?

Clients who fit the following criteria qualify for the scheme:

- Aged 16 years or over
- No contra-indications to exercise, with any of these medical conditions:
  - Obesity
  - Asthma
  - Hypertension
  - Diabetes
  - Osteoporosis
  - Arthritis, osteoarthritis and rheumatoid arthritis
  - Multiple sclerosis
  - Post-phase IV Cardiac rehab
  - Joint injury rehabilitation
  - Mental health issues

How do I enrol on the scheme?

Clients must be referred onto the scheme by their local GP, practice nurse, or health professional, which also includes Kent Sport’s Physiotherapist. Most GP practices and health professionals in the area will have the appropriate forms available for you to enrol.

Upon receiving the referral form at Kent Sport, the Exercise Referral Coordinator will contact you to arrange an initial consultation. A tailored exercise programme will then be put together by the instructor, for you to follow over the course of 12 weeks.

For more information about the Exercise Referral Scheme please email kentsportfitness@kent.ac.uk.