

Welcome to Magna Vitae's EXERCISE ON REFERRALS



A Partner to East Lindsey District Council
Magna Vitae is a Registered Charity.
Charity Number 1160156


MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Magna Vitae Exercise on Referral

Exercise on Referral is a subsidised 12 month personal exercise programme for anyone with a medical condition who would benefit from a more active lifestyle.

During the initial 12 weeks you will meet with fully-qualified Lifestyle Consultants who will develop and support you through a personal programme tailored to your needs. This initial period costs just £45.

You will then receive 9 months full fitness membership for a reduced cost of £23.50 per month. The programme includes:

- Access to fully-qualified Lifestyle Consultants who will support you to exercise safely, working towards your desired goals
- Health screening before, during and after the initial 12 week period
- Nutrition sessions throughout the first 12 weeks
- Full range of activities including:
 - specific group exercise sessions
 - full gym access
 - swimming
 - health walks

Exercise on Referral has already helped many people get back to fitness:

“Before I started the course I was seriously considering a mobility vehicle. The actual course showed weight loss of 6kg, much improved breathing, the ability to walk without pain and - perhaps most importantly - the replacement of a negative defeatist attitude with one that was positive and rose to challenges.”

I have depression & anxiety. Since I have been exercising regularly I have become more positive & my stress levels have dropped. I would highly recommend this to anyone wishing to feel better, both physically & mentally. It has made such a difference to my life."

"Since starting the programme, I have become more flexible. I am stronger & fitter & have a more positive outlook on life. I would encourage everyone to get involved & establish a fitness routine which proves to be beneficial physically and mentally."

"I can enjoy life fully again. I am able to do all I could do before my problems. I would certainly recommend the programme to anyone in a similar position. I have been especially grateful to my Lifestyle Consultant who clearly "knows his stuff" & has guided & mentored me"

"I took the advice of my Doctor to drastically lose weight & gain some sort of fitness, I signed up to the course & it changed my life, hopefully forever. My Lifestyle Consultant was a huge inspiration, slowly getting me into shape & telling me valuable advice"

"I first heard about the programme at my Doctor's surgery. Twelve weeks later I am fitter, the breathlessness has gone & I am a stone and a half lighter. I would recommend this to anybody, you get all the help & support the friendly staff can offer."

"With help & encouragement I have improved in strength & confidence & mobility of my knee. I still use a stick but the progress is very obvious & I feel fit and well. The scheme is incredible. I have taken out gym membership and I will continue this journey!"

For more information please contact the
Lifestyle Consultants at your local venue:

Meridian Leisure Centre

Wood Lane, Louth, Lincolnshire LN11 8RS

Tel: 01507 607650

Email: meridianleisurecentre@mvtlc.org

Horncastle Swimming Pool & Fitness Suite

Coronation Walk, Horncastle, Lincolnshire LN9 5HP

Tel: 01507 522489

Email: horncastlepool@mvtlc.org

Embassy Swimming Pool & Fitness Suite

Grand Parade, Skegness, Lincolnshire PE25 2UG

Tel: 01754 610675

Email: embassypool@mvtlc.org

Station Sports Centre & Fitness Suite

High Street, Mablethorpe, Lincolnshire LN12 1HA

Tel: 01507 472129

Email: stationsportscentre@mvtlc.org



We will fully support you through
your journey to a healthier lifestyle!