

Not getting enough
exercise?

Feeling
tired or
sluggish?



The Health Referral Scheme

AT THE DOLPHIN CENTRE



DARLINGTON
Borough Council

The good news is,
even small lifestyle
changes can make
a big difference! →

The benefits of regular physical activity include:

- Reduces your risk of chronic disease like heart disease, stroke, type 2 diabetes and some types of cancer.
- Strengthens your muscles and bones, improving your balance, coordination and mobility.
- Maintains a healthy weight and manages your weight loss goals.
- Reduces symptoms of anxiety and depression.
- Improves your sleep quality and energy levels.

If you are currently inactive, its important to start slowly and gradually increase your activity level as you get fitter. This programme is designed for people with health conditions or who might find it difficult to exercise on their own.



How it works:

- Talk to your doctor. they can assess if the program is right for you and complete a referral form.
- We will contact you once we receive your referral. Our friendly team will chat with you about your goals and set up an appointment.
- Get a personalised plan based on your needs. We will create a safe and effective exercise program just for you. The health referral team is also available to provide guidance on exercise, nutrition and healthy lifestyles. Progress is closely monitored and the exercise program can be adjusted as needed.
- Enjoy The Dolphin Centre! Your membership includes access to the gym, swimming pool and fitness classes. If a membership is not for you, you can just pay as you go instead. We are confident that our facilities cater to everyone's needs and that we can help individuals achieve their fitness and health goals in a fun and enjoyable manner.



Ready to take charge of your health?

We're here to help you conquer health conditions with the support of our expert team who provide you with personalised guidance and tailor-made fitness plans to make sure you achieve those well-being goals.

**Don't let anything
hold you back** – contact us today.

01325 406000

health.referral@darlington.gov.uk

Dolphin Centre Classes

<https://www.darlington.gov.uk/leisure-and-culture/healthy-darlington/dolphin-centre/fitness-classes/>

Dolphin Centre Swimming -

<https://www.darlington.gov.uk/leisure-and-culture/healthy-darlington/swimming/>



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