

Healthlink

What is Healthlink?

Healthlink is a scheme operated by the Isle of Wight Council's Leisure Services, working in partnership with local GP surgeries and health professionals. Your health professional has recommended that you undertake an exercise programme with us, to benefit your health and well being. Healthlink aims to promote and improve healthier lifestyles for all.

Through our own experience, customers who maintain their programme of exercise have considerably reduced their blood pressure and resting pulse rate. Joint pain and stiffness also decrease and - most importantly - you start to have a much better quality of life.

Please note this scheme is not available at Waterside Pool, Ryde.



T100CX07/10

Where

Medina Leisure Centre
Fairlee Road,
Newport, PO30 2DX
Tel: (01983) 523767
medina.leisure@iow.gov.uk

The Heights
The Broadway,
Sandown, PO36 9ET
Tel: (01983) 405594
heights.leisure@iow.gov.uk

Westridge Squash & Tone
Zone Gym
Brading Road,
Ryde, PO33 1QS
Tel: (01983) 566243
westridge@iow.gov.uk

Pick up a leisure
fees booklet for
all activity prices.



The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors. There is a monthly fee with flexible payment options.

Find out more at www.iwight.com/leisure

one card

at the heart of fitness

Healthlink



Physical activity has a key part to play in improving health and well-being.

Promote healthier lifestyles ✓

May reduce blood pressure ✓

May decrease joint pain and stiffness ✓

Feel more positive ✓

We hope that you enjoy your time on the Healthlink scheme and that you feel positive benefits. If at any time you have questions, please contact the co-ordinator or facility manager.

How will it change my life?

Don't just take our word for it. Here's what our customers have said about Healthlink :

"I have taken part in Walk the Wight for the last five years (from end to end each time) – something I would never have dreamed of being able to do before I took up regular exercise".

"Having a structured exercise programme has really helped me focus and feel more positive".

Where will I go?

The Healthlink scheme is operated at the Tone Zone gyms. All centres have a specialist Healthlink coordinator, who is your contact throughout your programme. Our aim is to make sure your visits are as comfortable and enjoyable as possible.

What do I do next?

When you receive your recommendation, decide whether the Heights, Medina Leisure Centre or Westridge is the most convenient for you to visit.

Contact the centre reception desk (details over the page), and ask to make an appointment for your first consultation.

It is important that you book your consultation within a month of receiving your recommendation form.

On your first visit, the co-ordinator will explain the scheme and what will happen on your future visits. Please remember to bring along your recommendation form for the Co-ordinator and a list of medication you are currently taking.

The co-ordinator will take you through a lifestyle questionnaire, which will help us gauge your level of fitness and work out the right exercise programme for you. Other activities, such as swimming and Aquafit, may be added to your programme.

The scheme operates at different times during the week. Please let the coordinator know if it's difficult for you to attend at the times you have been allocated.

What do I need to bring with me?

On all future visits after your initial consultation, please bring a towel and wear comfortable clothes for exercising in (ideally a pair of training shoes, t-shirt or sweat shirt, shorts or tracksuit bottoms). If you do not have these items the coordinator will be happy to advise you on alternatives. You may also wish to arrive and leave in other clothes. Changing rooms and showers are available. There are water dispensers in all the Tone Zones but you may like to bring your own plastic water bottle.

What will it cost?

The cost of the scheme is £48 for adults and £25 for juniors. This covers two months' use of the facilities and includes all the visits considered necessary by the co-ordinator. The cost covers any additional activities the coordinator feels would benefit you. If you are claiming benefit, you may be eligible for a concessionary price. Please ask your coordinator if you qualify.

How do I get there?

The Heights, Medina Leisure Centre and Westridge Squash and Tone Zone Gym are all on regular bus routes. The Heights is also within walking distance of Sandown train station. If travelling by car, there is parking at all centres.