



FITNESS 4 HEALTH

There are 4 easy steps to get involved:

- 1.** Make an appointment with your GP for a referral to the scheme
- 2.** Contact Cottenham Village College for a fitness and lifestyle assessment where a personal fitness programme will be prepared.
- 3.** Join the scheme for 12 weeks (classes run twice a week on a Tuesday and Thursday afternoon 2 - 3pm and 3 - 4pm). These are supervised classes in the Fitness Room in the Sports Centre.
- 4.** Complete a final assessment and the results will be sent back to your doctor.

Contact Heather Steer, Referral Programme Consultant on 01487 840046 for further information.

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