

PULSE Fitness

Leisure East Devon



PULSE

Physical Activity Referral Programme

The PULSE scheme has been established since 1994 and enables people to benefit from supervised physical activity



Welcome to the PULSE scheme

Please read this information before your first appointment.

If you are recommended to PULSE, you will be working with experienced and qualified exercise specialists.

How do I book my first appointment?

Take your referral form to your nearest LED Sports Centre. The Health & Recreation Officer will then call you to arrange a suitable time for your appointment.

Axe Valley: 01297 35235
- Lyme Road, Axminster

Exmouth: 01395 266381
- Royal Avenue, Exmouth

Honiton: 01404 42325
- School Lane, Honiton

Ottery St Mary: 01404 814317
- Cadhay Lane, Ottery St Mary

Sidmouth: 01395 577679
- Primley Road, Sidmouth



How to prepare for your first appointment

- Try to get a good nights sleep the night before.
- Avoid drinking large amounts of alcohol 24 hours before the appointment.
- Avoid eating a heavy meal less than 3 hours before
- Avoid drinking caffeine less than 2 hours before (i.e. tea, coffee, chocolate, cola).
- Wear loose, comfortable clothing.

If you feel unwell on the day of your appointment, please contact the Sports Centre and rearrange your appointment for a later date.

walk 4 life



At your initial assessment

The Health & Recreation Officer will discuss your referral reasons and what you would like to achieve. We aim to provide an exercise programme tailored to your individual needs.

The initial consultation will consist of an informal chat and a basic health assessment.

The same information will be used to assess your progress at the end of the programme.

What activities can I do?

The PULSE scheme is mainly based on the cardiovascular fitness activity in the gyms at the Sport Centres, although other options are available such as:

**Walking
Circuits**

**Outdoor
Health Walks**

**Pulse
Aqua**

Swimming



These will vary between centres. You will be able to discuss which activities are available to you and decide on the most appropriate. This will help keep you motivated and help you find activities that you enjoy.

The sessions

Small groups of participants meet up and work on their personal programmes. The instructor is there at all times to help participants and develop their programmes. Your exercise intensity and duration will gradually increase as your progress dictates.

How long do I stay on PULSE?

The PULSE programme runs for 12 weeks. We normally expect you to attend at least 2 sessions per week.

How much does it cost?

There is a charge for your initial assessment, which also covers your re-assessment. The PULSE sessions are offered at a discounted rate. Please contact your local centre for details.

What are the benefits that I will see?

Physical activity has many beneficial effects and can:

- **Lower blood pressure**
- **Improve joint mobility problems**
- **Relieve back pain**
- **Alleviate symptoms of depression and stress**
- **Reduce obesity**
- **Help prevent coronary heart disease and strokes**



Whilst there are always staff available to help and advise you, your goal is to become independent and make physical activity a lifestyle choice.

