



The gym

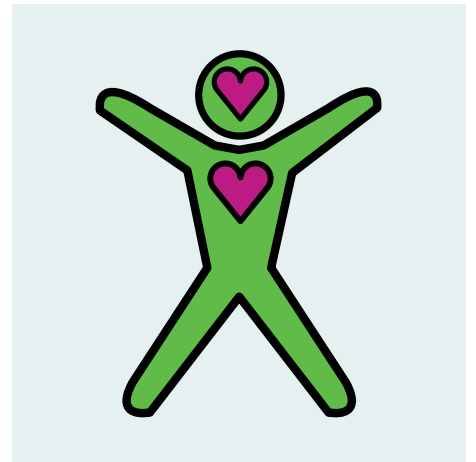
at The Exchange Recovery College

“Movement is a medicine for creating change.”

Why is fitness important for good physical and mental health?

Through exercise you will soon discover that it can enhance your physical and mental health, improve your quality of life, and reduce the risk of serious health conditions. Regular exercise helps you to control stress, feel better about yourself and is extremely important to your mental and physical wellbeing.

We are a small but fully equipped gym, based at the Recovery College. Our aim is to give you a greater understanding of how the body works with exercise and nutrition.



Introduction to exercise, the gym, and your wellbeing

This course is designed to get you moving and exercising more. It's twice weekly, with each session lasting one hour. It includes:

- Nutrition workshop
- Anatomy and physiology workshop
- Home exercise techniques

After your induction, you'll receive a tailor-made exercise plan which is periodically reviewed.

You will receive:

- Knowledge on how to perform exercises safely and correctly
- Advice on how to become more active
- Gain an understanding of how the body responds to exercise
- Develop an insight into the role of nutrition

We ensure the service we offer is sustainable and achievable in the community. The gym at the Recovery College prides itself on empowering individuals; it builds people's confidence and encourages them to move on to attend local gyms or local activities once the course sessions are complete.

We want individuals to have fun, build relationships, and ascertain their own goals. We support people to make positive changes for a healthier and happy future.

The Exchange Recovery College gym timetable

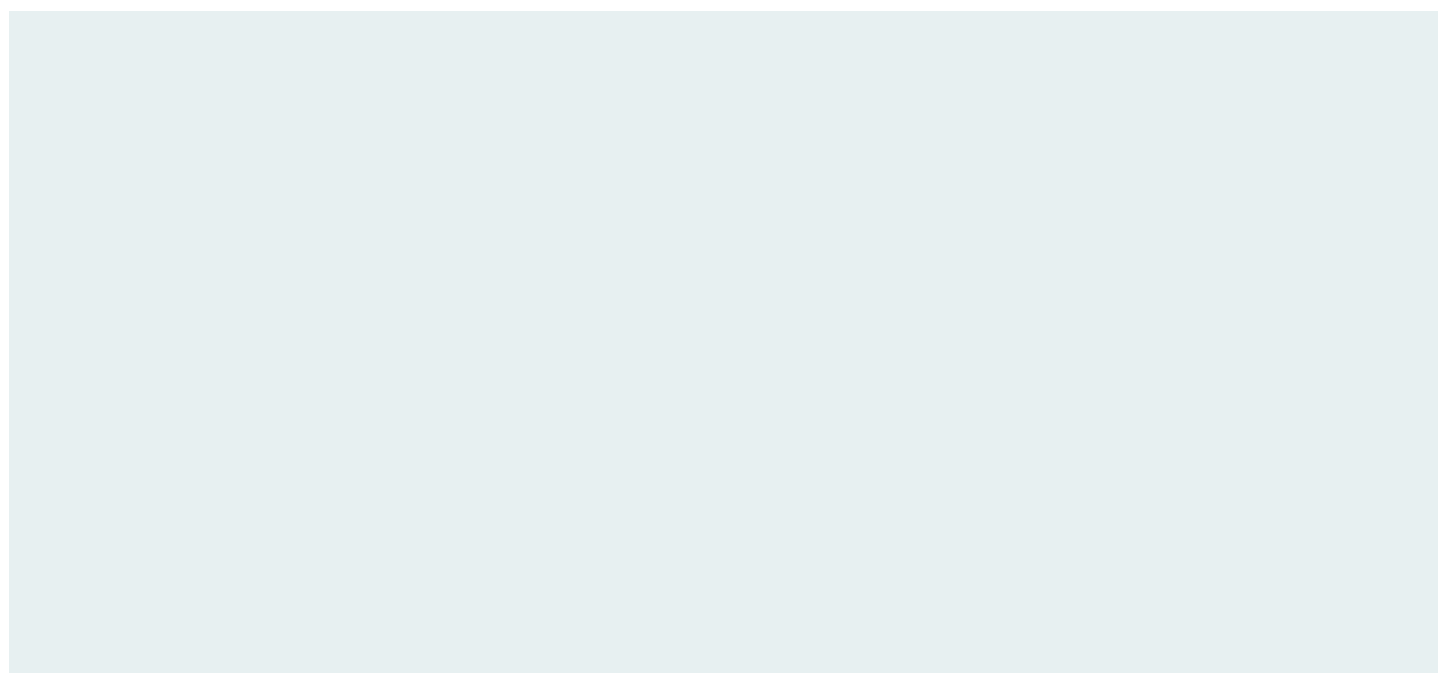
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Mixed group session 10am – 12pm	N/A	Mixed group session 10am – 12pm	N/A	N/A
Lunch					
PM	Mixed group session 1pm – 3pm	Ladies group 1pm – 3pm	Mixed group Session 1pm – 3pm	Ladies group 1pm – 3pm	N/A

When you complete your enrolment (see last page for information on how to enrol), Lisa and Kevin will contact you to discuss your options and allocate you a group time. This group time will be your allocated time every week until the course is complete.

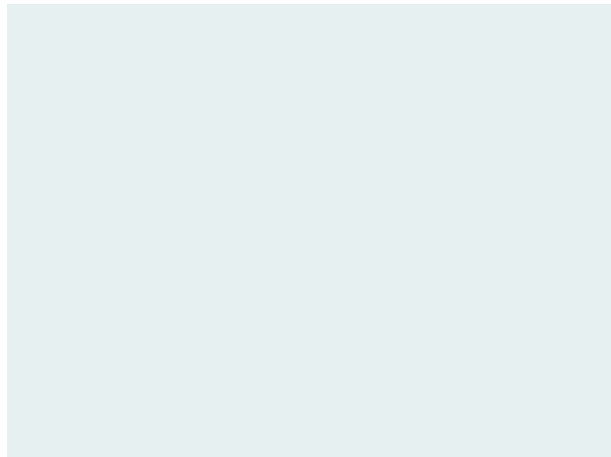
All learners must complete a PAR-Q assessment before you can start using the gym. A PAR-Q assessment is a physical health tool which helps indicate what your fitness levels are and where to begin your journey. These are completed individually and are confidential.

Following your initial assessment, we will identify your personal goals for exercise. These may include:

- Weight loss
- Weight gain
- Improve confidence
- Improve muscle tone
- Strengthen your core

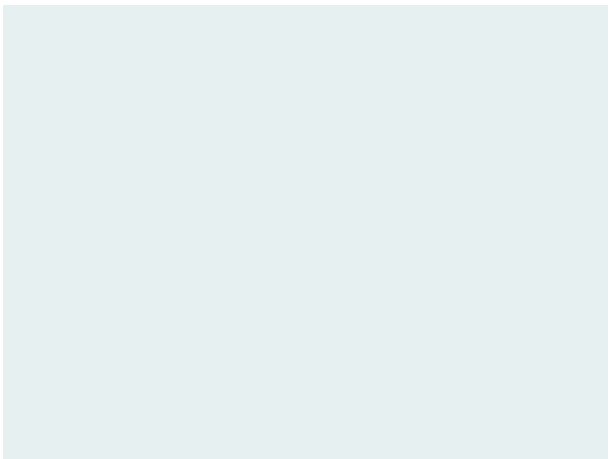


Testimonies

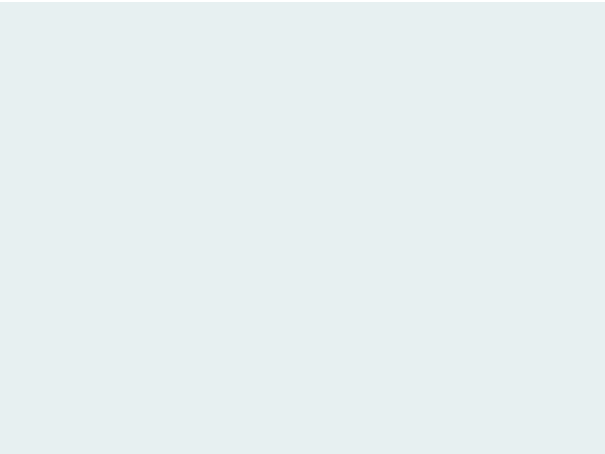


I would like to commend the college for making me feel welcome. The staff are helpful, friendly and give constructive advice. The gym has a nice atmosphere and there are no posers, people are down to earth. All the leaners are in the same boat regarding mental illnesses, i.e., depression and anxiety among other things.

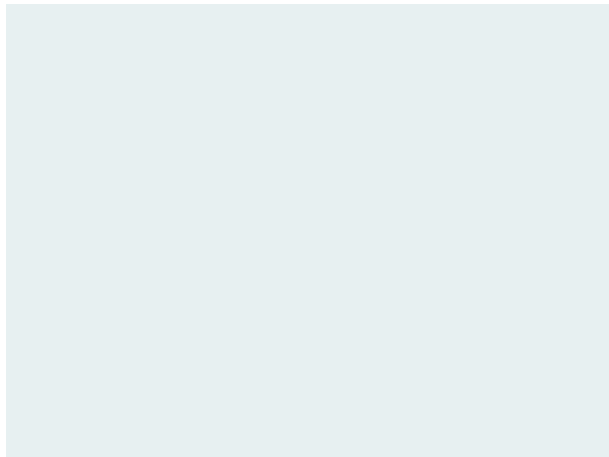
I would recommend the college and its courses to anyone!



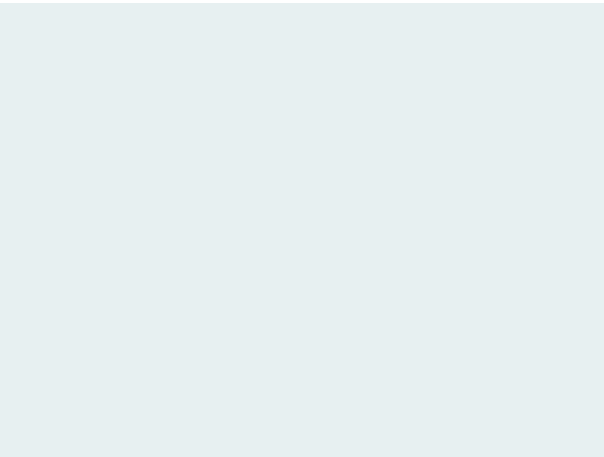
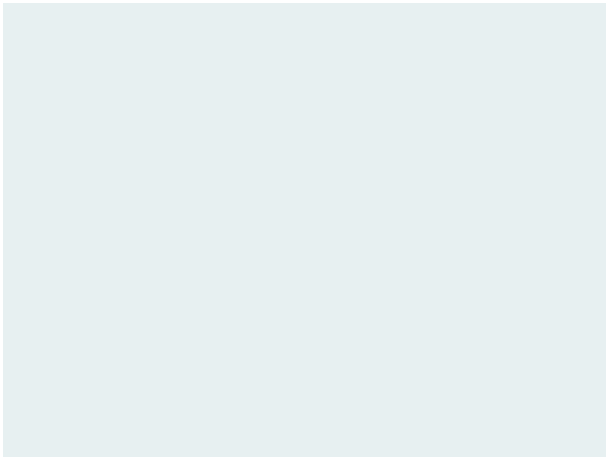
I didn't know what to expect on my first visit to the Recovery College, but I was very pleased. The staff, Lisa and Kev were very kind and helpful. They both encouraged me through exercise which has been good for my mental health. It feels like I'm achieving something, and I look forward to each session.



Your gym should be open every day and I would use it! It's a great atmosphere!

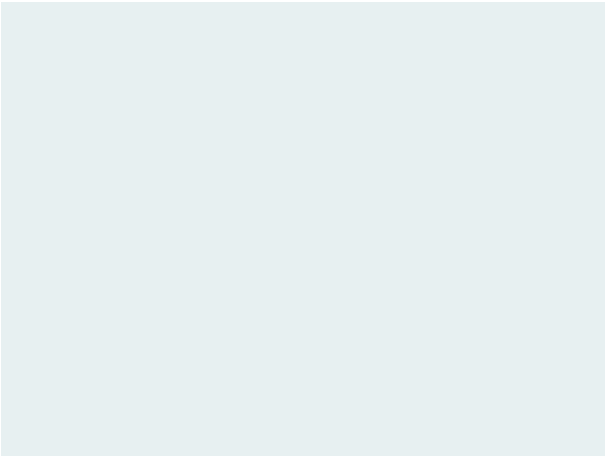


My wellbeing feels like it's improved from where I was 20 years ago.



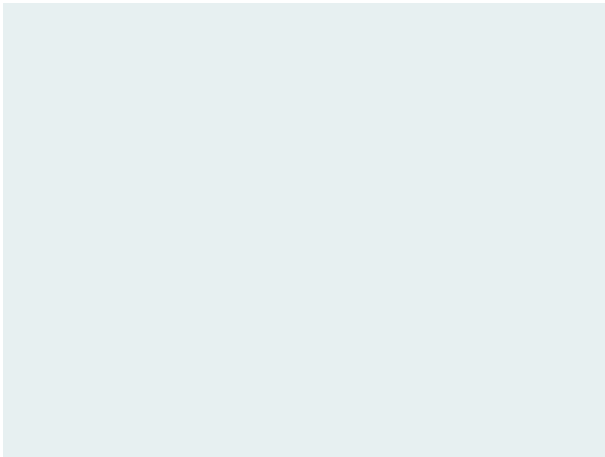
Thank you to all the staff that have supported me along my journey. They have given me lots of motivation – I now walk more and nothing is going to hold me back, not even my disability.

I can honestly say that the gym course has massively improved my mood and health. The atmosphere in the gym is amazing; Lisa and Kev are supportive, positive and treat you like an individual. I would recommend the gym to anyone and everyone.



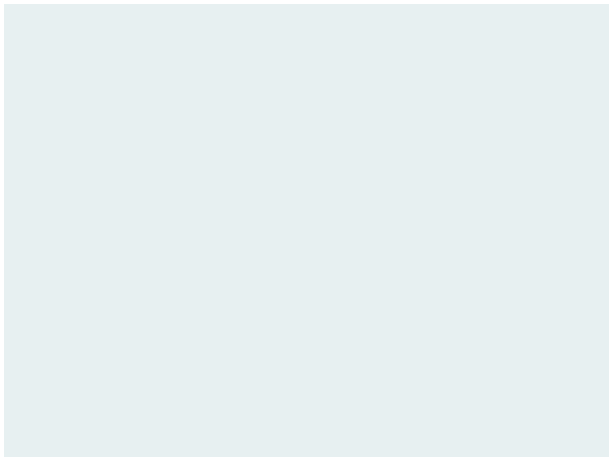
Kev and Lisa were amazing, they were full of enthusiasm and spurred me on and encouraged me. They made me believe that I could achieve anything. I would leave the gym on a high after every session.

I've incorporated my gym learning at home using tins as weights to help improve my arm strength.



I can recommend this course to people with medical conditions.

Attending the gym sessions have got me back into exercising which I hope to continue once the course has ended.



Contact us

To learn more and enrol in The Exchange Recovery College:

Call: 01226 730433

Email: Barnsley.Recoverycollege@swyt.nhs.uk

The Exchange Recovery College
33 Gawber Road, Barnsley S75 2AH

If you have any questions about our gym, exercise and wellbeing course, contact:

Kev Bryson, exercise specialist
kevin.bryson@swyt.nhs.uk

Lisa Wilding, gym instructor
lisa.wilding@swyt.nhs.uk

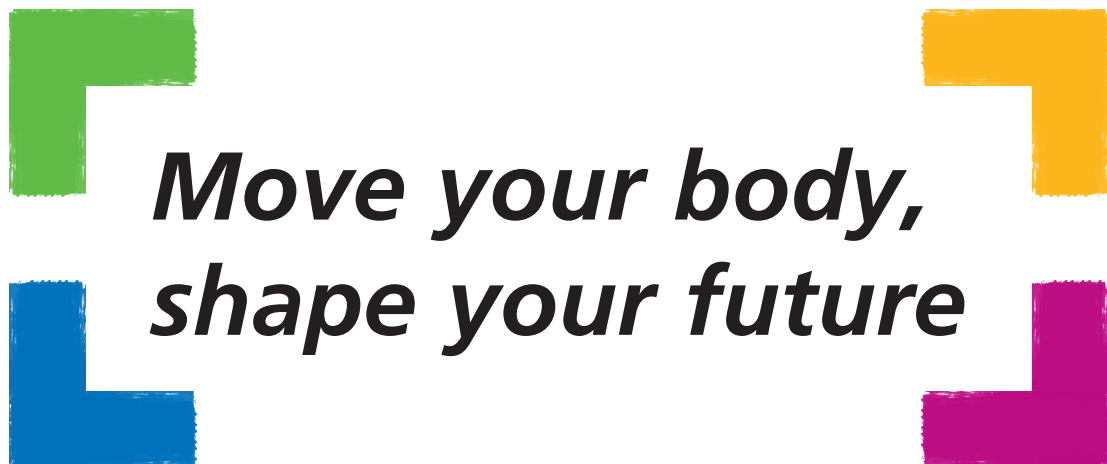
For more information about the benefits of exercise, visit:

www.nhs.uk/live-well/exercise/exercise-health-benefits/

If you feel that you need further help for your physical and/or emotional health, please contact your GP in the first instance.

www.barnsleyrecoverycollege.co.uk

Find us on Facebook: The Exchange Recovery College Barnsley



If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.