

# Supporting People with long-term health conditions at **Elmbridge Xcel Leisure Complex**

Our Exercise Referral programme offers expert, personalised support to increase your physical activity and enhance your health and wellbeing

## What is included?

- Expert guidance from qualified instructors
- Personalised health programme
- Discounted membership
- Unlimited access to the gym, pool, and classes
- Drop-in sessions



Ask your GP for more details  
[elmbridge.placesleisure.org](http://elmbridge.placesleisure.org)