


YOUR EXERCISE OPTIONS

Everyone has different needs, but here are some things to consider when choosing your exercise options

	 North Gwent Cardiac Rehabilitation and Aftercare Charity	National Exercise Referral Scheme (NERS)	Personal trainer	General gym or exercise class	Self-managed exercise (walking, cycling, running etc)
Just for people with heart conditions	✓	✗	✗	✗	✗
Tailored to suit your fitness level	✓	✓	✓	✗	✓
Qualified cardiac rehab exercise instructors	✓	✓	✗	✗	✗
Medical history review before starting	✓	✓	✓	✓	✗
Self-referral available	✓	✗	✓	✓	✓
Medical referral needed?	<i>Only if coming from hospital-based Cardiac Rehab programme</i>	✓	✗	✗	✗
£5 or less per class	✓	✓	✗	✗	✓
Govt/NHS funded	✗ <i>but we work closely with the NHS Cardiac Rehab Service</i>	✓	✗	✗	✗
Choice of local venues	✓	<i>Monmouth and Ebbw Vale Leisure Centres only</i>	✓	✓	✓
Option to attend multiple classes/week	✓	✗	✓	✓	✓
Ongoing classes (no time limits)	✓	✗ <i>16-32 weeks max</i>	✓	✓	✓
Partners/carers welcome	✓	✗	✓	✓	✓
Quarterly newsletter with heart-health specific information and advice	✓	✗	✗	✗	✗
Social benefits of friendly and supportive group	✓	✓	<i>Not applicable as 1-1</i>	✓	<i>Maybe</i>
Free access to heart-health education events	✓	✗	✗	✗	✗
Social events	✓	✗	✓	✓	✓
Optional annual fitness check	✓	✓	✗	✗	✗

Contact us on 07856 692 148 and enjoy 2 free classes on us!