

## How much will it cost?

The Mardyke Arena UCC Referral programme offers two memberships.

### Pay as You Go:

This allows you to pay per visit.  
It is €6 for each visit to the Mardyke Arena UCC.

### 12 week Unrestricted Membership:

This membership costs €103 and allows you to attend the Arena as much as you like during the 12 week period.

Please note: there is an initial consultation fee of €30 which must be paid on the day of the first appointment.

Ask your GP to refer you today!

For more information please visit our website [www.mardykearena.com](http://www.mardykearena.com)



## Address & Contact Number:

**the arena clinic,**  
Mardyke Arena UCC,  
Mardyke Walk, Cork.  
Tel: 021 490 4760

## Opening Hours:

Monday to Thursday: 9am-5pm  
Friday: 9am-4pm

\* please note appointment outside of office hours are also available.

## Location

The Mardyke Arena UCC is located at the end of the Mardyke Walk off Western Road.

Coming out of Cork City, travel down Washington Street leading onto Western Road. At the intersection of the Western Road and the Sacred Heart Church (on your right hand side), take a right turn.

Approximately 300 metres on your right (before you cross Thomas Davis Bridge) there is a turn into the Mardyke Arena UCC.



**Mardyke Arena**  
UNIVERSITY COLLEGE CORK

# HELPING YOU GET ACTIVE

**STEP 1** GP recommends the programme for you

**STEP 2** You are referred to the Mardyke Arena UCC Exercise Referral Programme

**STEP 3** YOU BEGIN YOUR JOURNEY TO A HEALTHIER LIFESTYLE



## What is the GP Exercise Referral Programme?

If you have ever thought;

- I don't know what activity is best for me
- How much activity should I be doing?
- I have tried and tried but can never stay active

Then the Mardyke Arena UCC Exercise Referral Programme is for you. We will help you become:

- motivated to begin and continue healthy living
- educated about proper physical activity and
- Confident to be able to adopt this as a part of your life.

During the 12 weeks we will encourage you to train independently. This is a lifestyle change rather than an intervention and our goal is to see you being active long after the programme has ended!

## Benefits of physical activity

Everyone can benefit from becoming more active. Regular physical activity is one of the more important things you can do for your health. There are very few health problems that stop you getting involved in suitable exercise and regular physical activity.



## Who can take part

If you are over 18, currently inactive and interested in becoming more active, this programme may be for you!

If you suffer from one or more of the conditions below, and your doctor feels that increasing your activity levels will not put your medical condition at risk, this programme is ideal as it will offer a safe pathway to a healthier lifestyle.

- Overweight or Obesity • Raised Blood Pressure
- High Cholesterol • Diabetes • Depression
- Osteoarthritis • Osteoporosis • Stress or Anxiety
- Lung Disease • Back Pain • Asthma

## How exercise can help you

- Control your weight
- Reduce your risk of heart and lung disease
- Reduce the risk of type two diabetes
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls (for older people)

## What the Irish Physical Activity guidelines recommend

All adults (18-64) should do at least 30 minutes a day of moderate activity 5 days a week

## How do I get involved?

You need to visit your GP to see if the programme is right for you. They will forward the referral form to the Referral Coordinator in the Mardyke Arena UCC. Your coordinator will then contact you to arrange your first appointment at a time that suits you.

## How it works

**First Appointment:** Your Initial Consultation. You will meet with your coordinator and discuss your referral form and the 12 week programme procedure. An initial assessment will be performed, which will include weight, height, BMI, blood pressure, peak expiratory flow and grip strength test. Your coordinator will also help you set goals and plan out your new exercise routine.

**Second Appointment:** Your Exercise Induction. Your coordinator will be with you during this and will guide you through your new exercise plan. An appointment will then be made for your 6 week review. *Please note that while this is an unsupervised programme, there will always be a qualified fitness instructor in the gym who will be happy to help you with any exercises if you are unsure.*

**Third Appointment:** Your 6 week review. Your coordinator will carry out the assessment again and set another 6 week programme for you.

**Final Appointment:** Your 12 week review and Final Assessment. You will be assessed again and given your 12 week progress report. A future maintenance plan will be discussed between you and your coordinator to help you stay on track and maintain your new healthy living lifestyle.

## What activities will I be doing?

Depending on your current health conditions and your GP's advice, your coordinator will offer you different forms of exercise. These may include, but are not restricted to:

- Going to the gym
- Walking
- Exercise classes
- Weight exercises
- Cycling
- Swimming
- Home exercises
- Pool exercises

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