

What does the programme include?

This is a supervised exercise programme that will be undertaken in the weeks leading up to your surgery. You will attend the clinic at Plymouth Marjon University where our expert team will look after you and deliver the programme that the clinical team will prescribe for you during your initial CPET (the fitness test that surgical patients undergo on first being referred to surgery).

Most programmes will include two or three visits a week to our sport and health centre over a period of three weeks or longer. These will involve increasing your fitness using exercise bikes for up to half an hour.

Where do I need to go on the first day?

The supervised exercise programme takes place in the Marjon Sport and Health Centre. This is the first building you will see as you drive towards the University campus. If driving, take a right into the Sport and Health Centre Car Park.

Our staff will meet you at the Sport and Health Centre reception and there is a waiting area available in the Grandstand Café opposite the reception desk if you arrive early.

What do I need to wear?

The programme will include physical activity as part of your treatment. This will be carried out in a progressive, supervised manner and according to your own capabilities. This means that you will get a bit warm. We recommend comfortable loose-fitting clothes and shoes, or active wear, with a jumper or top that you can wear or remove depending on what we are doing.

There are several changing rooms within the sports centre and lockers and showers should you require them.

Who runs the programme?

Each programme is supervised by a full-time member of the Marjon staff. Apart from running health and exercise related programmes, the team are qualified exercise professionals and sports therapists capable of advising on physical activity to those attending the programme. The lead instructor is always supported by a small group of current students, who already hold fitness qualifications but are working towards a degree in Health, Exercise or Sport. To find out more about the team please visit our website at the bottom of the page.

If you need to contact us we can be reached on 01752 636876 or at prehab@marjon.ac.uk

What happens at the end of the programme?

Throughout the programme we discuss ways in which you can be more active once you have “graduated” and we have several schemes that can continue to support participants in the longer term whether you continue to visit our campus or exercise somewhere closer to home. We have a list of activities that graduates of our programmes have found useful.



Parking

The sports centre has a car park right outside that has many spaces and several spaces for those with disability badges.

Parking permits will be available to collect from the Sports Centre reception desk which will last for the duration of the programme. You will need to display this permit in your vehicle so there will be no need to 'pay and display'.

How to get here



From the A38: Leave the A38 at the A386 signed to Tavistock. Follow the signs to Derriford Hospital which is clearly signposted and then you will see signs to the University. The Sport and Health Centre is off the first roundabout that you encounter after Derriford roundabout.

Alternatively use postcode PL6 8BH in you sat nav.



Regular bus services run between the city centre and the Sports Centre. There is also a park and ride service to Derriford Hospital which stops at the University.

City Bus 42 will take you from Royal Parade in the City Centre to Marjon University Campus or outside the Sports Centre depending on the service.

Service PR3 runs between the Park & Ride, the University and Derriford Hospital. This will stop at the main campus, with the Sports Centre a short walk from there.

The **Stagecoach X1** which links Plymouth and Tavistock also passes near the University.

