

GP AND Exercise Referral Information

SPORTS AND
FITNESS FOR

EVERYONE

David Weir
Leisure Centre



everyone
ACTIVE

CONTENTS

OUR EXERCISE & GP REFERRAL SCHEME

HOW CAN IT HELP YOU?	3
WHICH HEALTH CONDITIONS DOES THE PROGRAMME COVER?	4
HEALTHY LIFESTYLE CHANGES	5
EVERYONE ON DEMAND	5
WHAT DO WE DO?	6
HOW CAN I JOIN THE GP REFERRAL SCHEME?	6
WHAT DOES THE GP REFERRAL SCHEME INVOLVE?	6
WHAT IF I HAVE NOT EXERCISED BEFORE?	7
ELIGIBILITY CRITERIA	7
SCHEME COSTS	7
INFORMATION AND VIDEOS	7
SCAN QR CODES	8/9

OUR EXERCISE & GP REFERRAL SCHEME: HOW CAN IT HELP YOU?

3

Everyone Active's Exercise and GP Referral scheme, operated in partnership with EXi is the perfect way for people with health conditions to increase physical activity levels and improve health. We want you all to enjoy and maintain at least half an hour of physical activity, five times a week. This is what the Government recommends everyone should aim to achieve as part of a healthy lifestyle.

The main aim of the scheme is to improve the health and wellbeing of individuals by promoting and providing opportunities for increased physical activity, specifically for people with defined medical conditions.

Our Exercise and GP Referral scheme also aims to provide opportunities for people with underlying medical conditions or at risk of developing medical conditions to become more active, provide access to safe and effective exercise in a supervised environment and raise awareness of the benefits of physical activity and long-term behaviour change.

The 12-week scheme will provide supervised aerobic exercise sessions with a progressive programme that is both goal orientated and meets the American College of Sports Medicine (ACSM) guidelines for whatever condition or conditions the patient is referred for. The scheme offers a range of exercise opportunities where possible, including gym-based, group fitness, walking schemes and aqua-based opportunities.

Everyone Active has partnered with EXi, a registered medical device which comprises of a mobile app and health data platform, to provide an automated, personalised exercise prescription.

WHICH HEALTH CONDITIONS DOES THE PROGRAMME COVER?

The Exercise and GP Referral programme covers a huge variety of health conditions. These include asthma, arthritis, high blood pressure, diabetes and obesity, as well as depression, anxiety, osteoporosis and plenty of other conditions, including rehabilitation from Covid-19. Our highly-trained fitness instructors are ready to get you started with a variety of enjoyable physical activities to choose from. Being more active – even in a small way – will set you on the path to a happier, healthier you.

The full list of conditions accepted onto the scheme is as follows:

- Type 2 diabetes (diet controlled)
- Type 2 diabetes
- COPD
- Peripheral Arterial Disease
- Muscle and joint pain
- Hyperlipidaemia
- MS
- Parkinson's Disease
- Covid-19 rehabilitation
- Cardiovascular disease
- Type 1 diabetes
- Dementia
- Depression
- Anxiety
- Hypertension
- Osteoarthritis
- Stroke
- Cancer
- Obesity
- Fibromyalgia or chronic pain
- Stress
- ME
- Metabolic syndrome
- Osteoporosis
- Asthma

Coronavirus has, of course, forced us all to make some significant adjustments to the way we lead our lives. Specifically those of you who suffer from certain health conditions. If, therefore, you are shielding, or simply don't feel comfortable coming to our centres for Exercise and GP Referral sessions just yet, we completely understand.

This is why we have put together an enormous programme of video workouts that you can follow along with in your own home. They're easy to follow, with our highly-trained instructor taking you through every exercise. There are also a number of variations of each exercise to ensure everyone can take part. If you'd like to give the Exercise and GP Referral workout programme at home a go, check out the videos on the link below:

<https://www.everyoneactive.com/content-hub/home-workouts/gp-referral/>

EVERYONE ON DEMAND

To help you get the most out of exercising at home, Everyone Active has partnered with an app-based prescribed physical activity operator, EXi as part of the Everyone on Demand online fitness offering. This works in a very similar way to traditional GP referral treatment. EXi uses your data, including your age, weight, gender and any medical conditions you may have to prescribe specific exercises for you to do each week to help you manage and improve your health and well-being.

EXi is NHS approved and developed by physiotherapists, with years of experience in getting people active, regardless of age, fitness level or health status. EXi prescribes exactly the right intervention to get the specific physiological and psychological response required to protect against and help manage chronic disease. It's reactive too. As your health and ability to exercise improves, the app will prescribe a slightly tougher workout. But don't worry! You'll never be prescribed anything you're not capable of.

Regular physical activity can help you manage your weight, have a positive effect on you mentally, improve your muscle and joint functions, and benefit your heart health too. Not only will it help you manage and control existing conditions, but it will help protect you from developing other health complications as well. To get started please speak to your local centre or Health Professional about being referred onto our GP referral scheme where you will be able to use a range of facilities with expert guidance and support.

WHAT DO WE DO?

6

- We provide support, advice and encouragement from our fully qualified GP Referral Specialist
- Exercises will be prescribed in an exercise programme to assist with your current condition
- We offer special GP referral gym sessions weekly
- Help to improve your energy, general well-being and increase your physical activity levels
- Introduce you to new friends

HOW CAN I JOIN THE GP REFERRAL SCHEME?

Simply speak to your GP, Practice Nurse or Physiotherapist. If you are eligible, you will be referred to us. Your GP/Practice Nurse/Physiotherapist will confirm whether you fit the referral inclusion criteria. You

For more information, call this number: **020 8641 9480 extension 2**

Your GP can refer you using the link below:

<https://tools.eacommunications.co.uk/Survey/Quiz/Survey.aspx?OpCode=1501>

WHAT DOES THE GP REFERRAL SCHEME INVOLVE?

We provide support, advice and encouragement from our fully qualified Exercise and GP Referral Exercise Specialist, they will design and guide you through your own personal fitness plan depending upon your medical conditions and abilities.

Activities may include:

- Gym-based exercise
- Group fitness classes
- Swimming
- Water based activities e.g. Aqua Fit

*Participation in activities are dependent on your medical condition(s)

WHAT IF I HAVE NOT EXERCISED BEFORE?

7

Our Exercise and GP Referral Exercise Specialist will design and guide you through your own personal fitness plan. All you require is comfortable clothing, training shoes and a bottle of water

ELIGIBILITY CRITERIA

Patients must be 16 years and over and assessed as inactive in relation to ACSM's guidelines. In this case, inactive is classified as doing less than 30 minutes moderate activity two-days a week and exhibit at least one of the criteria listed below. If patients have been regularly active for more than three months, two or more times a week, they will not be accepted onto the scheme but may be recommended alternative membership options.

SCHEME COSTS

The scheme costs are as follows:

Pay per month (Direct Debit)..... From £18.74

Pay As You Go (per gym session)..... From £4.80

INFORMATION AND VIDEOS

For further information on the GP and Exercise Referral Scheme please contact Yve Stainton, GP Referral Manager 020 8641 9480 extension 2 or yvestainton@everyoneactive.com.

David Weir Leisure Centre, Middleton Road, Carshalton, Surrey SM5 1SL

Alternatively please find more information on our scheme and videos on our link below:

<https://www.everyoneactive.com/content-hub/home-workouts/gp-referral/>

GP and Exercise Referral



Delivered by
everyone
ACTIVE

Operated in partnership with
EXI



GP and Exercise Referral is a tailor-made package of exercise sessions specifically for those with health problems. Scan the code for more details.



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9

Benefits are:

- Reduced risk of Coronary Heart Disease and associated problems
- Reduced Blood Pressure
- Reduced Cholesterol Levels
- Increased Mobility
- Aid with Sleeping Problems
- Help with Stress and Mental Health Issues
- Regulate Blood Sugar Levels
- Increased Bone Density
- Increased Social Inclusion



Scan the code for more details.

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