

# Exercise Referral Programme



The programme gives members who are not regularly active or who have health problems the opportunity to improve their health and wellbeing, regardless of age, ability or experience.

Referrals to be sent via our secure email address [debbie.afreferral@nhs.net](mailto:debbie.afreferral@nhs.net) or for more information please speak to a member of our team



You may find the Exercise Referral programme beneficial if you have one or more of the conditions listed below, please talk to your GP/Medical Professional regarding referrals

- Diabetes
- Obesity
- Orthopaedic/MSK
- Stress
- Depression
- High blood pressure
- Asthma
- Risk of chronic heart disease
- Stable angina
- Asthma
- Cancer
- Arthritis
- Fibromyalgia
- Back pain
- Osteopenia
- Osteoporosis
- High cholesterol
- Any physical, learning, hearing or visual disability
- Poor balance
- Low self-esteem

### **What is the AF Exercise Referral Programme?**

Our exercise referral programme provides opportunities and a pathway for anyone who may not currently be physically active or who have long or short-term health conditions that would benefit from being more active. Your journey will be personally designed by our highly qualified team and delivered in a welcoming, controlled environment.

### **How do I get started?**

Speak to your GP today to find out how we can help prevent or improve various medical conditions and support your physical and mental health journey.

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