

Patient Information Leaflet: Physical Activity – Exercise Referral Scheme

The Department of Health recommends that all adults take part in at least 30 minutes of moderate physical activity, at least 5 times a week, every week.

There has never been a better time to start exercising. Research shows that it is the best thing you can do for your health.

What are the benefits of taking part in physical activity?

- Prevents and manages **obesity, stroke, diabetes, hypertension, stress, anxiety and depression** & improves psychological well being (e.g. **self-esteem**)
- Reduces the risk of **coronary heart disease, osteoporosis, certain cancers** & the risk of developing lower **back pain**
- Improves **blood lipid profile & functional capacity**
- Prolongs **independence** among older adults

In addition regular physical activity:

- Improves sleeping habits
- Helps you feel more energetic
- Helps you to feel good about yourself

What does it cost?

The referral & initial consultation with Kirsty Hodgkins, at the Practice is **free**, without obligation and will take no longer than **15 minutes** of your time.

How can I get involved in the Exercise Referral Scheme? (for information regarding the scheme, please refer to the attached leaflet)

If you answer **yes** to all of the questions below you are eligible to join the scheme.

1. Do you think your health would benefit from more exercise? **Yes / No**
2. Are you over 18? **Yes / No**
3. Are you motivated to exercise? **Yes / No**

If you answered **yes** to all of the above questions & wish to join:

Complete the reply slip below and return it to the Practice using the address below and Kirsty will contact you with the next clinic time/date. **or call 01384 277 377 to book directly.**

If you answered **no** but would like to take part in local, informal physical activities why not join the Moss Grove Patient Panel Health Walk which runs twice weekly from the surgery. Call Jennie or Kirsty - 01384 277377 to book your place or use the form below.



I would like to take part in the Dudley Exercise Referral Scheme Yes No (If No please tell us why?)

I am currently active, therefore not eligible

I am under 18

I am not currently motivated to exercise

Other (please state why) _____

I would like to participate in the health walk, please contact me with the time/date Yes No

Please complete and return this form to:

MOSS GROVE SURGERY, 15 Moss Grove, Kingswinford, DY6 9HS

Name _____ Contact Number _____

Address _____

AT THIS STAGE YOU ARE NOT COMMITTED TO JOIN THE SCHEME OR PAY ANY FEES