How can I join the Exercise Referral Programme?
If you think the programme is for you talk to your GP, Practice Nurse or other healthcare professional who can refer you to the Weight & Activity Management Team.

What happens next?
Once the team have received the referral you will:

• Be contacted within 7 days to arrange your first introductory session on the 13 week programme, and your first one on one consultation with a physical activity specialist

• At this session you will have your first health check. These checks will continue throughout the programme so you can see your progress

• After 13 weeks you will receive support to help keep you on track in your new healthier lifestyle

For further information please contact the Programme Administrator
Tel: 0191 433 6973
Email: lifestylegateway@gateshead.gov.uk
Who are the Weight & Activity Management Team?
Based in your local area, the Weight & Activity Management Team is made up of a range of professionals. They are dedicated to you, encouraging you to make positive lifestyle changes, getting you more physically active, and helping you to lose weight and keep it off through a range of different programmes.

What is the Exercise Referral Programme?
Some health conditions can be improved through lifestyle changes, and increasing your physical activity levels by even a small amount can have a huge effect. Sometimes though it’s difficult to know where to begin, that’s where we come in!

We can provide you with a free, realistic and achievable programme designed to suit your lifestyle and tailored to your needs. All of our programmes are completely confidential and could include:

• A 13 week personalised activity plan in a wide variety of surroundings
• Professional dietetic support
• Regular health checks covering height, weight and body mass index
• Continued support throughout and after the programme has finished

What activities could I be taking part in?
There are a wide variety of activities for you to try out, making sure you find one that suits you and is fun! Activities could include:

• Personalised gym based exercises programmes
• Water based activities such as Aquafit
• Fitness classes
• Home based programmes
• Organised group cycling sessions
• Walking groups

Is the programme for me?
There’s loads of reasons to consider taking that first step to a healthier lifestyle, including:

• Meeting new people and having fun
• To lose weight
• Improving your mobility
• Reducing the risk of or helping to manage long term illnesses such as heart disease, stroke and diabetes
• Improving your overall fitness
• Feeling more energetic
• Reducing your stress levels and improving your mental wellbeing
• Increasing your confidence and self esteem