Exercise Referral only

If you are taking part in exercise referral only, you will receive a confidential initial assessment which is repeated at both 6 and 12 weeks which will help the exercise professional develop an individual physical activity programme for you. As you continue on the road to independent exercise, you will have access to supervised sessions in various venues across the Borough. Your instructor will discuss the various options that are available to you to continue exercising after you have completed the programme.

Nutrition Groups only

If you are taking part in nutrition groups only, these will take place weekly at a venue of your choice over a 12 week period. You will have the opportunity to meet with others, explore your eating habits and make positive changes to your lifestyle. Each week there will be the opportunity for a confidential weight and progress check. If for any reason you feel unable to participate in a group, please contact the team where alternative options can be discussed.

All information correct at time of going to press.
Published by South Tyneside Foundation Trust, February 2011.

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If you know someone who would like this information in a different format contact the communications team on 0191 424 7385.
What is the Exercise Referral and Weight Management Programme?

The Exercise Referral and Weight Management Programme is available to residents aged 16 and over who are registered with a South Tyneside GP. The programme has been designed to provide an appropriate period of support of physical activity and nutrition advice for you; delivered by qualified exercise and nutrition professionals.

The programme has been designed to support you to:-
• Build your confidence to help you adopt long-term, independent healthy lifestyle choices
• Manage your weight through dietary changes and physical activity
• Increase your physical fitness levels
• Reduce your risk of some long-term health problems
• Improve your mental health wellbeing

Once referred into the programme you will be invited to attend weekly, two hour sessions over a 12 week period - 1 hour of interactive healthy eating education plus 1 hour of supervised physical activity. (There is also the option to take part in nutrition groups only OR exercise referral only – see end of leaflet)

The Exercise Referral and Weight Management Programme is designed to enable you to:-
• Participate in fun, fully supervised, structured physical activities
• Access a physical activity programme designed to suit your needs
• Build your confidence to undertake more regular sustained physical activity
• Enjoy an interactive session that allows you to participate in your own learning
• Monitor your weight, and blood pressure* in a confidential environment – weeks 1, 6 and 12
• Engage in group support
• Invite your friends and/or relatives, if you wish
• Make healthy swaps, we encourage moderation and balance, so you do not feel like you are on a “diet”
• Achieve a realistic 5 – 10% weight loss goal and maintenance

Nutrition topics include:
- The Eatwell Plate (current healthy eating guidelines)
- Understanding health risks associated with being overweight and fad diets
- The health benefits associated with maintaining a 5 – 10% weight loss
- Thorough coverage of portion sizes, including a personalised portion planner
- Understanding food labelling
- Fats, sugar and salt hidden in foods
- Drinks and alcohol
- Eating away from home

* Please note: if we do not obtain a safe blood pressure reading it may result in you being excluded from exercise: current guidelines BP <180/100 RHR <100bpm

Physical activity options include:
- Circuits
- Taster exercise sessions
- Fun, interactive group games
- Walking
- Cycling
- Gym
- Exercise classes
- Swimming
- Dance

What happens when the 12 week programme is complete?
Ongoing support is available. Please ask a member of the team for more information.

Where does the programme take place?
You will be able to choose from various Wellness Centres and community venues across the Borough.

Is there a charge for the programme?
The weekly group sessions are free of charge. However, there are additional physical activity options that may interest you that incur a small charge for each session. For example; gym, exercise classes, swimming, cycling, Nordic walking and dance.

What do I need to do next?
If you feel you are ready to make lifestyle changes, and may benefit from taking part in this programme. Please ask your GP or Health care professional to refer you onto the programme.

Alternatively, you can contact the Health and Wellbeing team directly on 0191 424 7714