Improve your health and wellbeing

With the new exercise referral and weight management programme

South Tyneside Council
Everyone can benefit from being more active. If you are not physically active at the moment there are more ways than ever for you to get support, to help you on the road to improved health.

Who is the programme for?
The Health and Wellbeing programme is for adults aged 16 years and over who are not taking part in any form of exercise and have a condition that their GP thinks will be improved with physical activity.

What condition might my GP refer me onto the programme for?
Conditions including; High blood pressure, Diabetes, Weight management issues, Asthma, Circulatory disease, Bone and joint problems, Depression/anxiety

What kind of activities can I take part in?
You can take part in physical activity at venues all over South Tyneside. There are programmes based in Wellness Centers, Leisure Centers and Community venues, where you will receive support to help you to exercise safely. There are also exercise classes, cycling, swimming and walking programmes.

What do I do next?
If you think that you would like to take part in an activity programme to improve your health and wellbeing, or would like advice on healthy eating please ask your GP or health care professional, who will decide if the programme is right for you.

This information can be made available in large print, Braille, audio and other languages.

All information correct at time of going to press.