

- B.** Those who would specifically benefit from a prescribed regime of physical activity and exercise as part of a programme to treat their clinical condition, or reduce their risk to specific disease.

These include patients who have:

- High Cholesterol
- Late onset of Diabetes
- Obesity
- Moderate Hypertension
- Impaired mobility.

- C.** Those following cardiac or clinical rehabilitation programmes, or those who have undergone surgery for potential life threatening conditions or diseases.

This includes those:

- Who might need to lose weight for upcoming operation such as hip or knee replacement
- Who have had a heart attack or heart bypass.

Those patients who fall into category **A** should be referred to **Paths to Health**.

Patients who fall into categories, **B** and **C** should be referred to **Spring Back to Life (GPERS)** or **Cardiac Rehabilitation**.

Participants must be aged between 18-75.

Further information and help

Please contact:

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We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at - www.patientopinion.org.uk or 0800 122 31 35
- Tel. 01851 704704 (ext 2408) on a Tuesday and Friday afternoon between 1pm and 4pm.

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Exercise on Prescription

GP Criteria Information



Walk on Hebrides

Walk on Hebrides was established in 2005 and contributes to the local health improvement programme by providing health walks across the islands.

A health walk can be described as a purposeful walk which is undertaken on a regular basis to improve your health.

Walk on Hebrides provides support to groups and individuals who would benefit from undertaking more exercise. This is done in two ways, either by providing pedometer packs for individual walking which can be monitored, or through a walking group.

Initially it is advised that individuals join a group until they gain confidence.

Health Walks are ideal for those that are new to exercise and those that are at risk of developing lifestyle related disease such as obesity, heart disease, or diabetes.

Group walks are suitable for all ages.



For all ages



For all activity levels



For all areas

Spring Back to Life (GP Exercise Referral Scheme)

Spring Back to Life (GPERS) is for patients that would benefit from a prescribed regime of physical activity.

Clients receive both 1:1 support and group support from a qualified professional that will tailor a programme of activity specifically for their needs.

Both programmes target different groups and it is up to the health professional, in discussion with their patient, to decide which service is the most appropriate.

Which service should I refer my patient to?

The following serves as a guideline only. Medical professionals may use their own clinical judgement in the decision to refer.

The three levels of possible referral are:

A. Those patients who would generally benefit from a more “active living” change in lifestyle with gentle physical activity and exercise. This might be someone that:

- Has a family history of Coronary Heart Disease
- Has Asthma
- Is a smoker
- Suffers from physiological stress, depression or anxiety.