

**Everyone Active GP Exercise Referral Scheme**

The GP Exercise Referral scheme is aimed at inactive adults, 16 years and over with a low or moderate risk long-term condition. The scheme has been designed to help individuals self-manage their condition more effectively and with confidence.

The benefits of moving more include;

* Maintain a healthy weight
* Manage and reduce pain
* Stay mobile
* Sleep better
* Improve mood

**What does the GP Exercise Referral Scheme involve?**Our GP Exercise Referral instructor will find out what is important to your patient and help them to find activities that they will enjoy! A 6 and 12 week review will enable the instructor to support the individual through their first 12 weeks to a healthier lifestyle. Patients will benefit from 25% off a monthly membership or can pay per session.

Activities vary at each centre but may include:

* Walking sports or led walks
* Group exercise classes such as chair based exercise
* Casual swimming or water based activities such as Aqua
* Gym based exercise
* Social groups including coffee mornings for increased peer support
* Condition specific activities such as Good Boost technology or Escape Pain for MSK conditions. [Find out more about Good Boost here.](https://www.goodboost.ai/) [Find out more about Escape Pain here.](https://escape-pain.org/)

[**‘Click here to refer your patient’**](https://ea-info.co.uk/GP)

If you would like our GP Referral Co-ordinator to present more information about the scheme to your Primary Care Network, or support your clinical setting achieve the Active Practice Charter, please fill out your details on our [GP Exercise Referral webpage](https://www.everyoneactive.com/content-hub/home-workouts/gp-referral/)

To prescribe movement, please see the step-by-step support guide to physical activity conversations on the [Moving Medicine website.](https://movingmedicine.ac.uk/consultation-guides/find-the-right-consultation-guide/)