

# Vitality



## Exercise Referral Scheme and Specialist Exercise Provision for Older Adults



### What is the Vitality Scheme?

The Vitality scheme is seeking to reduce the number of adults that are at risk of being effected by Coronary Heart Disease. Becoming more active and feeling better often go hand in hand. The benefits of exercise are well documented and considered an essential component of a healthy lifestyle. Through partnership working with GP practices and health professionals we are able to specifically target individuals with two or more risk factors of CHD and support them through a programme of appropriate, supervised and enjoyable exercise.

### How can I access this scheme?

Your doctor will know if you are eligible to access the scheme, so the first step is to ask/discuss with your GP whether a referral would be appropriate for you. The team are all members of the Register of Exercise Professionals and they are highly motivated in supporting your move towards a healthier, more active lifestyle, all they need is for you to be motivated also! Exercise has so many benefits but it does require some will power and commitment.

### What common clinical conditions can the scheme accept?

Mild/moderate hypertension, stress & anxiety & mild depression, obesity, at risk of osteoporosis, arthritis, diabetes, poor mobility, mild/moderate respiratory conditions.

### Specialist populations

The scheme continues to develop its integration with more specialist populations (those referred from hospital based rehab programmes).



The Phase IV Cardiac Rehab programme accepts patients who have completed, and are then referred by phase III cardiac team. Individuals who have completed, and then referred by pulmonary rehab teams can follow a similar pathway of exercise opportunities. The specialist teams of instructors all work closely with the referring health professionals and clinicians so you will need to consent to the transfer of medical information.

### Older People & Frailer Older People

Development of appropriate exercise routes for older people and frailer older people are also linked to the scheme. Postural Stability Instructors (prevention of falls in the frail and elderly) work closely with the scheme to establish specific exercise opportunities to target strength, balance, posture and regaining of confidence after a fall or near miss. If you have had a fall or are concerned about falling please speak with your GP about attending one of these sessions.

### What sort of exercise will I be doing?

In the first instance you will be exercising in a group of people or in similar situation to you i.e. referred by GP, done little or no exercise before. All sessions are extremely informal, sociable and enjoyable. For many people the sessions become a really important date in the week. The sessions are structured following a format of; warm up, main part and then a cool down period. Duration of the session is between 45 and 60 minutes depending on the level of fitness of the group and type of session. The programme is 16 weeks long so over that time exercises are progressed; everyone is encouraged to work at their own pace and do



what they can. Group activities include; walking, cycling, rowing, strength exercises for everyday activities, stretching, posture, balance and co-ordination exercises.

### If I am accepted on the scheme, what happens then?

You will receive a letter and health questionnaire from the Vitality Scheme team inviting you to an informal appointment at your nearest leisure centre with one of the qualified exercise instructors. Bring the completed questionnaire with you to the appointment so that the instructor has all the information needed to recommend the most appropriate exercise programme for you. During the appointment your permission will be asked to take the following measurements;

Resting Blood Pressure and Heart Rate / Height / Weight / Waist circumference / and you may be asked to complete a 6 minute walk (or similar assessment) to ascertain your current level of fitness. These measurements are important because they act as tools to monitor your improvement, which is essential for your motivation.

Following this appointment the instructor will recommend which sessions are most appropriate for you to attend. And that's it! Your route to a more active and healthier lifestyle has begun.



### Frequently asked questions?

- **How many sessions do I have to attend?**  
*To gain the full benefits, 2 sessions building to 3 are recommended. 2 is a minimum requirement for the first 16 weeks.*
- **What if I am unwell or unable to attend one week?**  
*If you feel unwell, do not exercise. It would be really helpful for the team if you could ring the leisure centre to inform them of your absence and everyone will look forward to seeing you again once you feel better.*
- **How much will it cost?**  
*For the first 16 weeks the cost per session is £1.00*
- **What happens after the 16 weeks?**  
*You have hopefully now caught the exercise bug and want to continue attending exercise sessions. As you progress through the programme, you will be able to access other sessions available at your local leisure centre. The aim of the 16 weeks is to 'kick start' your exercise programme. The team of instructors will still be there to support you after this time.*

**We look forward to seeing you at:  
Llanelli, Carmarthenshire, Ammanford or  
Newcastle Emlyn Leisure Centre.**

**For further information: 01554 747500**

