



National Exercise Referral Scheme Service Report 2019-20

www.monlife.co.uk/active
exercisereferral@monmouthshire.gov.uk



MonLife

Mission

To promote healthier lives and inspirational experiences, and promote the vibrancy of Monmouthshire as a great place to be.

Vision

Enriching people's lives and creating vibrant places.

Aims

MonLife Active aims to:

- Enrich people's lives through participation and activity
- Build strong communities in Monmouthshire

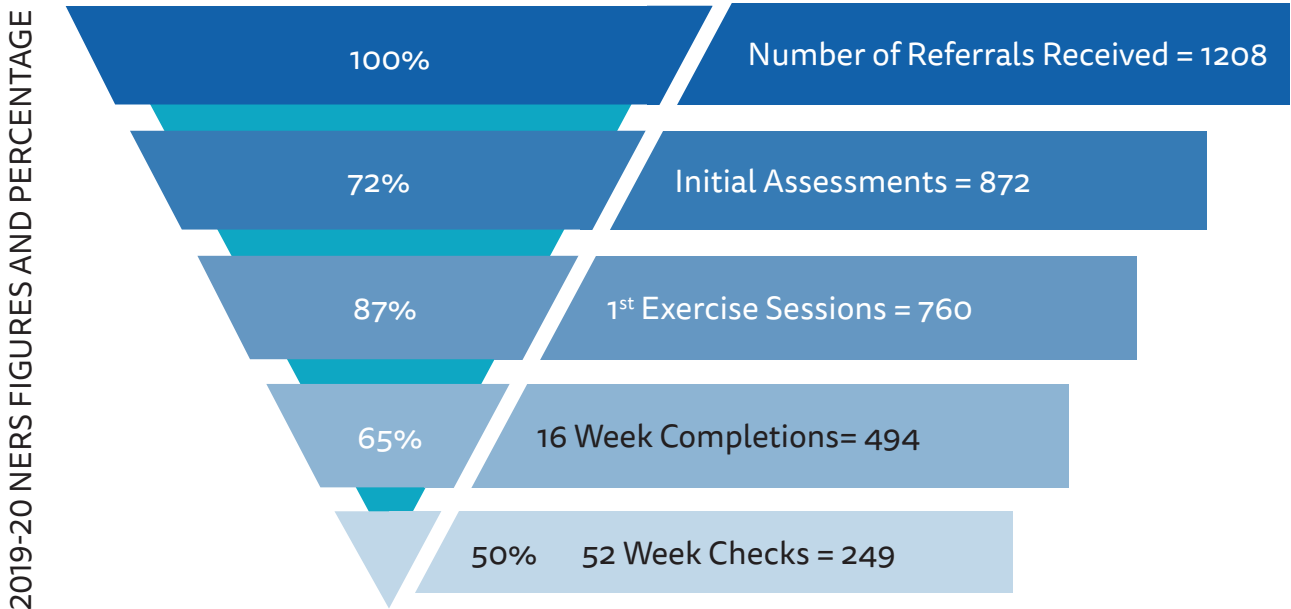
Values

- Openness
- Fairness
- Flexibility
- Teamwork

National Exercise Referral Scheme

The Scheme is a health intervention that incorporates physical activity and behavioural change, it supports clients to make and maintain healthier lifestyle choices which will improve their health and wellbeing

2019 - 2020



68% of referrals were **Female**
32% of referrals were **Male**



70% of referrals were for **generic NERS pathway**.
30% of referrals were for **chronic Health Pathway**



99% Increase In Activity

59% **Lowered** Diastolic **Blood Pressure**

46% **Lowered** BMI **Lost Weight**

60% **Increased** **Function**

61% **Increased** **Fitness**

Any questions?

If you've got any questions about our MonLife National Exercise Referral Scheme offer, please contact:

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