

"IT'S BEEN LIFE CHANGING" - PERCEIVED BENEFITS OF PARTICIPATION IN THE LIVE ACTIVE EXERCISE REFERRAL SCHEME

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EXERCISE REFERRAL SCHEMES (ERSs) AIM TO INCREASE THE PHYSICAL ACTIVITY LEVELS AND HEALTH OUTCOMES OF PEOPLE WITH CHRONIC HEALTH CONDITIONS

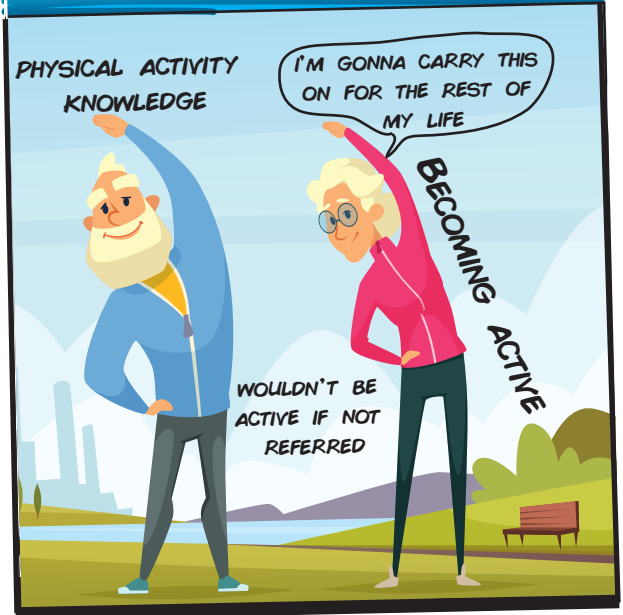
ERS EVIDENCE BASE



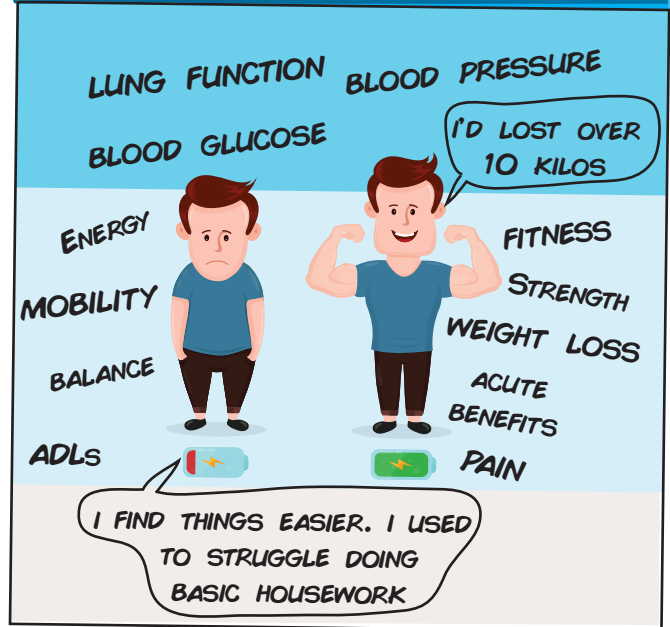
WHAT DID WE DO?



PHYSICAL ACTIVITY



PHYSICAL HEALTH



ADJUNCT BENEFITS



SOCIAL HEALTH



MENTAL HEALTH



CONCLUSIONS



PARTICIPANTS EXPERIENCE A WIDE RANGE OF BENEFITS, WHICH QUANTITATIVE EVALUATIONS DO NOT TYPICALLY MEASURE. FUTURE EVALUATIONS SHOULD CONSIDER USING METHODS THAT CAPTURE THE FULL SPECTRUM OF POTENTIAL BENEFITS FOR A MORE REPRESENTATIVE EVALUATION OF IMPACT