

Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff Cymru Wales National Exercise Referral Scheme (NERS)

## What is the Exercise Referral Scheme?

Aimed at those over 16 years of age, who are not used to being regularly physically active and have a medical condition, the Scheme is designed to provide opportunities to exercise that are fun, rewarding and that can be incorporated into everyday life.

## What does the Scheme consist of?

If you feel that you would benefit from the scheme, are 16 and over, there are a wide range of activities both gym based and class based to choose from for patients that have been through rehabilitation programmes.

## What are the benefits?

The benefits of being more active are:

- weight management;
- reduce blood pressure;
- reduce the risk of heart disease and strokes;
- reduce the risk of some cancers;
- reduce stress and anxiety;
- improve mental and social wellbeing;
- increase energy;
- improve strength, mobility, coordination and balance; and
- improved health and wellbeing.

## How do I access the Scheme?

If you feel that you would benefit from the scheme, are 16 and over and are suitable to join then you need to speak to your GP/practice nurse/health professional about being referred. For further NERS information and local scheme details: www.wlga.wales/national-exercise-referral-scheme-ners





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