

INCLUSION CRITERIA FOR PARS (PHYSICAL ACTIVITY REFERRAL SCHEME)

PARS CLIENTS MUST BE:

- 19 years or over
- Inactive (not currently meeting the PA guidelines of 150 minutes of moderate activity or 75 minutes of vigorous activity per week) and motivated to change.

In addition only the clients who fit within the following criteria should be referred:

Obese (with a BMI of $\geq 25\text{kg/m}^2$ and $< 40\text{kg/m}^2$) and have one or more of below:

- Hypertension
- Hyperlipidaemia
- Impaired glucose levels or diabetes
- Family history of heart disease
- Asthma, bronchitis or COPD
- Musculoskeletal conditions
- Mild or moderate mental health conditions.

ABSOLUTE CONTRAINDICATIONS TO EXERCISE

The referrer must confirm that the client has no absolute contraindications to exercise.

Patients with any absolute contraindications should not exercise until such conditions are stabilised or adequately treated.

WHAT'S INVOLVED?

- 12 week free MORE health membership
- Health and fitness consultation
- Assessments (week 1, 4, 8 and 12)
- Two Pars classes a week for 4 weeks and 1 session a week for 8 weeks
- Goal setting
- Exercise planner
- My Wellness programme

As part of the programme, the My Wellness App is available for you to record your workouts, monitor progress, enter challenges and view your personal programme, all on your phone. It's available to download from Google Play or the App Store.