

## How do I signpost to the sessions?

We ask that priority individuals that meet the inclusion criteria should be directly identified and signposted into the programme by contacting **Kelly Alty** on **07717 320573** or email **kelly.alty@cumbria.gov.uk** **www.activecumbria.org**

All the Move for Health sessions will initially be delivered online and accessed via **Zoom**. Further advice and support regarding digital access can be provided if required.

# MOVE FOR HEALTH

## FREE Online Physical Activity Sessions



## South Lakeland - Move for Health

Information for Health Professionals and Partners

Sessions have been funded through the Morecambe Bay CCG Population Health Fund in partnership with the South Lakeland Health & Wellbeing Partnership.

**Move for Health online sessions aim to provide opportunities for targeted individuals to increase their levels of physical activity; providing a positive and supportive environment, individuals will be enabled to increase their activity at their own pace and in their own way.**

### What does the programme involve?

Online sessions will be delivered over the course of 12 weeks, and individuals will be encouraged to attend 2 sessions per week as they seek to increase their activity levels and progress from inactive to fairly active.

Sessions will focus upon a combination of movements suitable for those new or returning to activity. Individuals can take part from the comfort of their own homes with no equipment needed.

In addition, individuals will be encouraged to increase their activity outside of the scheduled sessions through walking and unsupervised activity as appropriate.

Further information regarding recommended apps, online content and activity booklets will be distributed. Our providers will also contact individuals at scheduled points throughout the programme to check on progress and encourage and support participation.

After completing the 12 week programme the team will work with participants to encourage them to continue their physical activity journey. Participants will be provided with information on local and online activities to enable them to continue.

### Who is eligible?

The programme is seeking to identify individuals who meet the following criteria:

- Aged 50+
- Considered to be inactive (<less than 30 minutes physical activity per week)
- Have one or more of the following long-term health conditions: Diabetes, Hypertension or Respiratory Illness.

### Exclusion Criteria

We do not recommend that the programme is promoted to individuals if they fall into any of the following criteria:

- Uncontrolled Hypertension
- Uncontrolled Diabetes
- Uncontrolled COPD/ Pulmonary related disease

\*Not suitable for participants who should only take part in medically supervised physical activity.

### Why get involved?

Evidence shows that those with a long-term health condition are twice as likely to be amongst the least physically active. Being physically active can both assist with the prevention and management of many long-term conditions reducing the risk of Diabetes by 35% and depression by 48% to name a few.

The Move for Health sessions will support those that have become deconditioned through the COVID19 pandemic whilst also improving social connectedness.

