

ACTIVE FOR LIFE

Do your patients need help to get active?

You can now refer your patients with long-term health conditions to the NHS **Active for Life** service, a twelve week supported activity programme offering:

- *Free community-based walks*
- *Gym based activity - at reduced rate*



Walking is the nearest activity to perfect exercise



Zest has the NHS contract to run this citywide exercise programme.

Who is eligible?

Patients who lead a **sedentary** lifestyle (less than 2 x 30 mins of exercise per week) with at least one of the following conditions can be referred to Active for Life:



- **Cardiovascular disease**
- **Diabetes**
- **Mental health issues**
- **Pulmonary disease**
- **Obesity (BMI>30)**



What is the programme like?

Most patients will be offered the chance to join a programme of community-based walks. They will:

- **Attend 12 walks**
- **Receive lifestyle advice (about getting active and healthy eating)**
- **Be supported by a trained Walk Leader**

Walks will be offered from a range of locations and on different days (including Saturdays) and times of the day (including evenings during Spring and Summer months).

Those patients for whom a walking programme is not appropriate may be offered a 12 week supported programme at a gym.

How do I refer patients?

To refer patients you need to complete and sign a referral form and ask your patient to give it to Zest either by:

Email: zestforhealth@zestcommunity.co.uk

Fax: 0114 276 0914

Post: Zest for Health, 18 Upperthorpe, Sheffield, S6 3NA

Referral forms can be downloaded from:

Zest website: www.zestcommunity.co.uk

NHS Sheffield website: www.sheffield.nhs.uk



Further information

To find out more about Active for Life please call Zest for Health on 0114 270 2040 ext 226