



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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