**Move to Improve in conjunction with Sunderland City Council and Active Sunderland**

A prescribed exercise programme to improve long term conditions and prevent deterioration. The Sunderland Move to Improve programme is aimed at people who suffer from long term medical conditions and can help you to improve your health and wellbeing through a supported programme of physical activity.

The programme lasts, initially, for 12 weeks with the option to continue for a further 12 weeks if required and agreed with the Move to Improve Consultant.

Patients can take part in these activities at a number of leisure and wellness centres across the city as well as community venues, parks and green spaces. Venues include:

•Bunny Hill Wellness Centre

•Hetton Community Pool and Wellness Centre

•Houghton Sports Centre

•Raich Carter Sports Centre

•Silksworth Community Pool, Tennis and Wellness Centre

•Sunderland Aquatic Centre

•Washington Leisure Centre

All activities are led by fully qualified staff and there are a variety of activities which are safe, effective, enjoyable and specific to your individual needs. Activities include:

•Gym

•Exercise classes, for example, Pilates and gentle circuits

•Walking

•Nordic walking

•Cycling

•Swimming

•Some recreational sports such as bowls, badminton, table tennis and tennis

The Move to Improve programme is subsidised and a small charge is made for some of the activities i.e. exercise classes and gym. However some activities such as walking and cycling are free of charge.

Patients can be referred by their GP or Practise nurse if they feel it would be suitable for the patient to be referred to the programme.

Once the referral is received they will contact you by telephone to arrange your initial appointment.

Who to contact:

Exercise referrals

Tel: 0191 561 4682

Website address: http://www.sunderland.gov.uk/index.aspx?articleid=10937