

Exercise Therapy

Patient information leaflet



**movement
is medicine**

Movement is medicine

If physical activity was a medication, it would be classed as a 'wonder drug'. Physical activity can help manage or prevent over 20 chronic conditions or diseases.

Inactivity directly impacts on your health and contributes to one in six deaths across the UK, which is on a par with smoking.

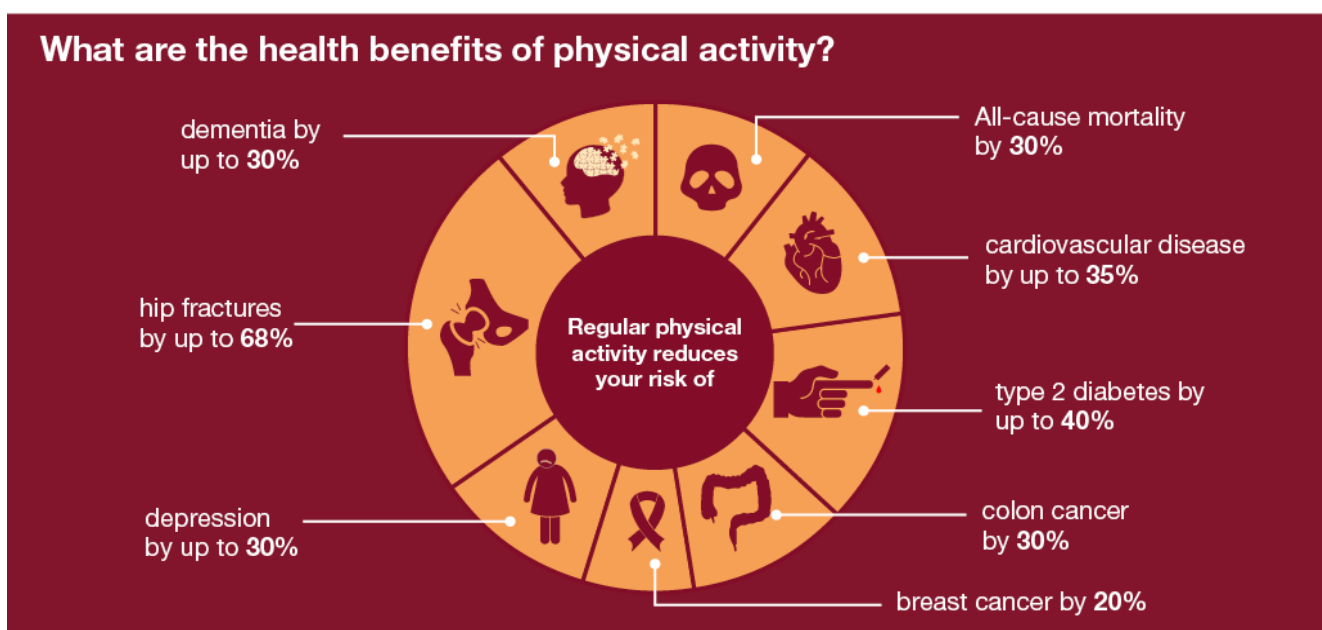
Those of us with a mental illness are:

- Twice as likely to die from heart disease
- Four times as likely to die from respiratory disease
- And on average, likely to die between 15 and 20 years earlier than the general population.

40% of long-term conditions could be prevented if everyone met the UK Chief Medical Officer's physical activity recommendation.

The UK is around 20% less active than in the 1960s. If current trends continue, it will be 35% less active by 2030.

This highlights the importance of looking after your physical health and wellbeing, by maintaining an active lifestyle and eating a healthy balanced diet.



Here are a few more benefits to increasing your activity levels:

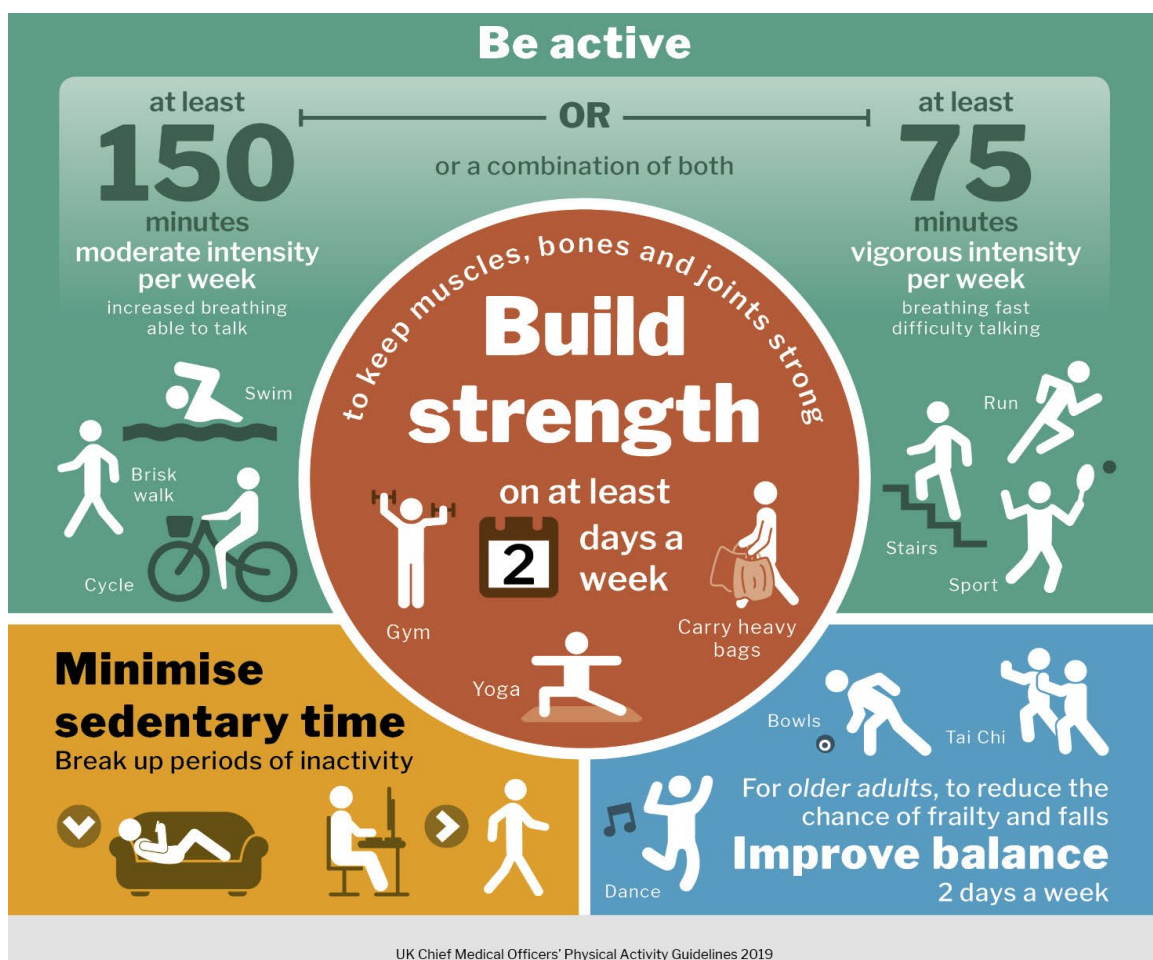
- improves sleep
- improves self esteem
- reduces anger or frustration
- improves social skills
- reduces tension, stress and agitation
- provides a natural energy boost
- improves mood and motivation
- improves concentration
- provides a positive focus

Exercise recommendations

Ask yourself two questions:

- On average how many days a week do you engage in moderate to vigorous physical activity?
- On those days, on average, how many minutes do you engage in physical activity at this level?

If the answer is less than 150 minutes of moderate exercise per week you could benefit from increasing your activity levels.



What is exercise therapy and what can we offer you?

The Exercise Therapy service is available to inpatient services across the Trust.

The aim of exercise therapy is to provide a structured exercise programme that is discussed with you and tailored to your goals, likes/dislikes and physical health needs, which will help improve both your physical and mental health.

We have a variety of groups on our weekly programme, including:

- Gym sessions
- Various exercise classes (dance, core conditioning, circuit training, kettlebells etc)
- Walking groups
- Group sports (football, badminton)
- Healthy lifestyle and nutrition group
- Weekly or monthly gym challenges

You can try them all or just choose the ones you like.

Everyone is welcome from experienced exercisers to those who have never exercised before but want to improve their physical and mental health.

A weekly timetable will be available from the department and may vary from week to week and across the hospital sites.

How do I access exercise therapy?

Speak to a member of the exercise therapy team or nursing staff and we will arrange a health screen.

During this we will discuss your goals, likes/dislikes, physical health needs, take some baseline measurements and devise your structured exercise programme.

Progress review

This is an opportunity to re-visit your physical health measures so that you see your improvements and discuss whether you are achieving your goals.

We will also discuss new goals/targets and make the required progressions to your exercise programme to support you to achieve your future exercise goals.

Discharge

Our ultimate goal is for exercise to become part of your daily/weekly routine and for you to continue to exercise independently in your local community after discharge.

The exercise therapy team can provide signposting information for physical activity opportunities in your local area. Please speak to a member of staff if you would like further information.

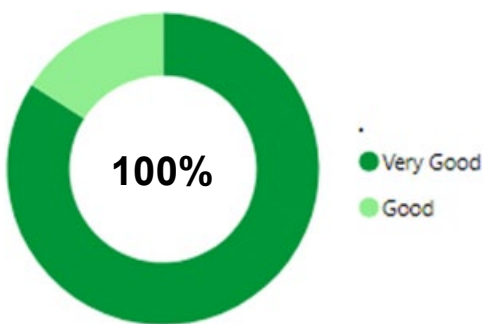
Service user feedback on exercise therapy

- “The transitions are very smooth and welcoming. I feel welcome and supported.”
- “The gym itself provides a safe, warm, and friendly atmosphere.”
- “I was involved in the discussion around my training plan.”
- “Exercise therapy took time to talk/care for me as a whole. It was more like a friendship than being a service user.”
- “The whole team made me feel at ease as soon as I walked through the door.”

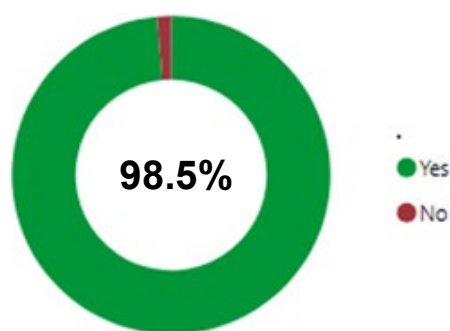




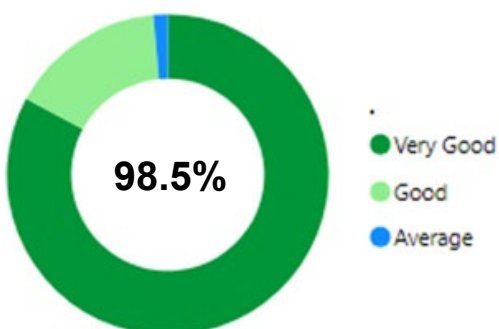
Your Voice survey April 2024 - April 2025



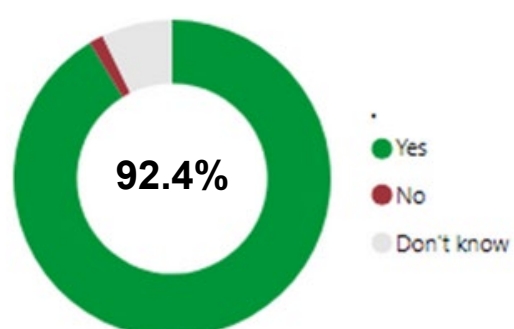
How was your exercise therapy experience?



Did you feel safe with our service?



How was the care we provided?



Were you given information that was helpful?

References

- Office for Health Improvements and Disparities - Physical activity: applying All Our Health (March 2022)
www.gov.uk/government/publications/physical-activity-applying-all-our-health/physical-activity-applying-all-our-health
- The Department of Health and Social Care - Physical activity guidelines: adults and older adults (September 2019)
www.gov.uk/government/publications/physical-activity-guidelines-adults-and-older-adults
- Public Health England – Health matters; getting every adult active every day (July 2016)
www.gov.uk/government/publications/health-matters-getting-every-adult-active-every-day/health-matters-getting-every-adult-active-every-day

The websites listed above were accessed in July 2025 and were correct at that time.

What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website
www.cntw.nhs.uk/contact/complaints/
- telephone the Complaints Department on 0191 245 6672
- email complaints@cntw.nhs.uk Please note that information sent to the Trust via email is sent at your own risk

We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

You can provide feedback in the following ways:

- the quickest way for you to do this is to complete our short online survey at www.cntw.nhs.uk/yourvoice

- complete a Your Voice survey, available on wards, reception areas or from staff
- other options for sharing your feedback and experience www.cntw.nhs.uk/yourfeedback

Patient Advice and Liaison Service (PALS)

PALS provide confidential advice and support, helping you to sort out any concerns that you may have about any aspect of your or your loved ones care.

We act independently when handling patient and family concerns, liaising with staff, managers and, where appropriate, relevant organisations, to negotiate prompt solutions. If necessary, we can also refer patients and families to specific local or national-based support agencies.

North of Tyne

Tel: 0800 032 0202

Email: pals@nhct.nhs.uk

Post: FREEPOST PALS

South of Tyne

Tel: 0800 328 4397

Text: 07825 061 035

Email: pals@cntw.nhs.uk

Post: Patient Advice and Liaison Service, Garden Lodge,
Hopewood Park, Ryhope, Sunderland, SR2 0NB

9am – 4.30 pm, Monday to Friday

An answerphone is always available for you to leave a message. A member of the PALS team will aim to return your call as soon as possible.

Contact details:

- **Hopewood Park**, Ryhope, Sunderland, SR2 0NB
Telephone: 0191 566 7068
- **St Nicholas Hospital**, Gosforth, Newcastle, NE3 3XT
Telephone: 0191 246 7347
- **St Georges Park**, Morpeth, Northumberland, NE61 2NU
Telephone: 01670 502 660
- **Northgate Park**, Morpeth, Northumberland, NE61 3BP
Telephone: 01670 394 273
- **The Carlton Clinic**, Carlisle, Cumbria, CA1 3SX
Telephone: 0122 860 2000
- **Plummer Court**, NTaR, Newcastle upon Tyne, NE1 6UR
Telephone: 0191 206 1100



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet, please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre on 0191 246 7288.

Published by the Patient Information Centre

2025 Copyright: Cumbria, Northumberland, Tyne and Wear
NHS Foundation Trust

Ref: PIC/184/0725 July 2025 V10

Website: www.cntw.nhs.uk Telephone: 0191 246 7288

Review date 2028

Find us on social media, search for CNTW