



health

1Life Exercise Referral Scheme

Our referral scheme allows health professionals to refer patients who meet our criteria to have an appropriate personalised activity programme, created by our exercise referral coaches. If you have any of the following conditions or would like to improve your general health and wellbeing, we can help:

- Inactivity
- Weight Management
- Osteoporosis
- Arthritis & Back Pain
- Asthma & COPD
- Coronary Heart Disease
- Diabetes & Hypertension
- Stress/Depression/Anxiety



St Albans Sport & Health Development Team

For more info contact Rob Allwood:

Email - rob.allwood@1life.co.uk Office - 01727 819253

