

## Medical Inclusion and Exclusion Criteria

### Conditions suitable for the Activity on Referral Scheme include:

- CVD risk factors
- Overweight BMI >25 plus one other risk factor / Obesity BMI >30
- Pre-diabetes / Diabetes (controlled)
- Hypertension (controlled)
- Hyperlipidaemia
- Anxiety, Stress or Depression (mild-moderate)
- Mild Arthritis in hips or knees
- Back Pain (not acute)
- Impaired Mobility or Strength
- Neurological (Parkinson's/MS)
- COPD / Pulmonary related (Controlled)
- Osteoporosis (T-score -2.5 or lower with no history of low trauma fractures)
- Stable Angina (Controlled & stable for 6 months)

### Conditions excluded from the Activity on Referral include:

- Heart Failure/Unstable Arrhythmias
- Patients that have undergone back surgery or other complicated surgery
- Uncontrolled Hypertension
- Uncontrolled Diabetes
- Uncontrolled COPD/Pulmonary related disease
- Patients who are receiving treatment for Cancer
- Acute Psychiatric Illness