

## Three ukactive Projects around Exercise Referral

1. ukactive established the Joint Consultative Forum as an independent group that promotes co-operation between exercise professionals and allied healthcare professionals with the aim of establish exercise as a routine part of the prevention and management of chronic disease. It is set to publish Professional and Operational Standards for Exercise Referral. It comprises ukactive and the key Royal Medical Colleges.
2. The ukactive Research Institute, based at the Universities of Greenwich and Aberystwyth, aims to help build the evidence base for exercise and disseminate the relevant information to operators and the health service. It has undertaken never before attempted research into the effectiveness of physical activity and exercise programmes.
3. ukactive has championed the delivery of Let's Get Moving - a physical activity behaviour change intervention based on motivational interviewing techniques with local exit routes into community activities and sport. The programme was previously commissioned by a consortium of five Essex Primary Care Trusts and is now being delivered in partnership with the local authority in Bedfordshire, local CCGs and CSPs and is being expanded into other areas of the country.