



List of Eligible Conditions for the Warwickshire Exercise Referral Scheme

Eligible Conditions

- Mental Health, e.g. mild to moderate depression, anxiety, low mood
- Respiratory
- Musculo-Skeletal
- Neurological
- Hypertension
- Risk of Cardiovascular Disease
- Diabetes (Type 1 and Type 2)
- Obesity or people who are overweight
- Osteo / Rheumatoid Arthritis / Osteoporosis

Ineligible Conditions

- Unstable angina
- Six weeks pre and post natal (10 weeks post natal for Caesarean sections)
- Fever
- Phase 4 Cardiac Rehabilitation

Warwickshire Exercise Referral Scheme

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