



FANS

Fitness And Nutritional Support



Fit Club

Dear GP, Practice Nurse, Referring Practitioner

**Re: Sheffield Wednesday Fit Club
(Fitness and Nutrition Support - FANS)**

The Sheffield Wednesday Fit Club (FANS) programme was formed in response to the population's continuing reduction in physical activity levels and the epidemic of overweight and obesity in the UK. We are committed to healthy long-term weight control and optimum wellness through positive lifestyle changes (active lives and healthy eating).

Please find enclosed details of a referral project that is now available. This programme (developed by FANS) is in response to the escalating problem of obesity and a realisation that many chronic diseases are avoidable through appropriate lifestyle change. This programme is designed around an initial 12-week intervention to elicit behavioural change. The programme aims to identify and modify the causal factors of weight gain, providing nutritional assessment, physical activity / lifestyle profiles, behavioural change models, and readiness or barriers to change.

The programme will be based at Hillsborough Stadium and is delivered by a qualified nutrition and physical activity specialist. The programmes goals are to encourage individuals to work towards developing solutions to their inactivity and or subsequent weight management, helping individuals to overcoming resistance to long-term positive lifestyle changes.

At the end of the 12-week programme a progress report will be forwarded to the referring practitioner who in consultation with the Referral Programme Consultant and the individuals concerned, may choose to provide a further period of support (entry into SWFC Fit Club Membership), depending upon progress and adherence to the programme. Attached is a summary of the programme, including guidelines for referral.

I hope that you will support the Sheffield Wednesday 'Fit Club' programme and please do not hesitate to contact me if I can be of further assistance.

Yours sincerely

Robert Ward MSc BA (Hons)
Exercise and Nutrition Specialist



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Sheffield Wednesday 'Fit Club' Programme (Fitness & Nutritional Support FANS)

Programme outline for referring practitioners

The age category for which referrals are sought is 16+

The programme seeks to increase physical activity and manage weight by addressing the environmental and behavioural causal factors that are specific to individuals. Through a structured and supportive environment the programme seeks positive long-term sustainable changes (SWFC Fit Club)

The programme uses a series of formal and informal assessments. From the information collected a bespoke prioritised support strategy is devised, with participants involved in determining the subsequent solutions. All behavioural and lifestyle modifications are specific and time related and subject to a review process for development at subsequent meetings.

The nature of the meetings is friendly and supportive and whilst the tone is non-judgemental the process seeks to establish the specific determinants of poor lifestyles. A key objective is to offer an opportunity for physical activity at each session as well as to develop a home-based exercise regime.

A 12-week programme (components)

Evaluation

Physical activity & lifestyle profile.
Readiness (or barriers) to change.
Attitudes to physical activity and weight maintenance.

Measurements:

Weight
BMI
Waistline
Body composition
(body-fat & fat free mass)

An extension to this 12-week programme (post completion) is Sheffield Wednesday's 'Fit Club'. All graduates will be offered a place on this maintenance programme.



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Programme Structure

Introduction: In the UK almost 60% of the adult population are overweight, and 20% (10 million) are classified as obese. (The health Survey for England 1998) The UK has one of the fastest growing obesity populations in the world, and the incidence of overweight or obese children in the UK is rising at alarming rates.

Excess body fat is a result of a caloric intake above caloric expense. Being obese or overweight compromises health in many ways including; a greater risk of coronary heart disease, type 2 diabetes mellitus, hypertension, dyslipidaemia, gallstones, osteoarthritis and some cancers such as colon and breast cancer. Furthermore the psychological and social factors associated with obesity can often lead to negative self-images and low self-esteem. Consistently studies have documented a reduced incidence of chronic disease (including obesity) in the more physically active. A focus on modern inactive lifestyles is as important as diet and possibly represents the key feature in relation to increases in obesity.

Obesity is thought to cost the NHS at least £3 billion a year, and is now considered to parallel smoking in terms of the threat to the health of the nation. It is in everyone's interest to look for solutions and to develop initiatives to help people reduce levels of body fat and maintain a healthier weight.

Objectives: The 'Fit Club' is designed to provide effective and affordable advice and support for all sections of the community; however this programme is a very popular to a male audience. The programme focusses on improving lifestyles, with the chief aim of the programme to prevent/reverse weight gain in clients and to address sedentary behaviour. The programme focuses on a balanced and healthy lifestyle, with the emphasis on regular exercise or activity and sensible dietary choice. The 'Fit Club' has a client centred philosophy with key fundamental principles: education, motivation & participation.

The Service: Over a 12-week period clients will participate through interactive sessions including the following subjects:

- Introduction to weight gain
- Physical activity guidelines
- Carbohydrates & the glycaemic index
- Why diets don't work?
- Psychology of eating
- Fats
- Understanding food labels
- Optimum Exercise and Nutrition



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Each week clients can take part in a supervised group activity class led by a senior health and fitness instructor who has undergone the necessary training programmes to be able to deliver physical activity advice and nutrition support.

Clients will receive a member's pack and periodic handouts on the subjects covered over the duration of the 12-week programme. The programme will focus on educating clients, and encouraging them to concentrate on health related issues that will impact their medium and long-term wellness. The continued support and motivation offered by the programme aims to keep positive lifestyle changes high on the agenda, until those changes become a way of life.

Staff Professionalism and Qualifications

Staff working on the programme will be minimum Level 3 Instructors on the National Register of Exercise Professionals (REP's). In addition delivery staff must have successfully completed a minimum L3 accredited weight management & nutrition course or a comparable nutrition qualification. Furthermore as work will include dealing with special populations, staff will hold a recognised GP exercise referral qualification such as the YMCA -Exercise Referral Instructor. Where a formal procedure for referrals is developed, the programme shall adhere to the NHS document "Exercise Referral Systems": a National Quality Assurance Framework.



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Please e-mail all completed referral form to:

Callum.Pinhorn@swfc.co.uk>



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FITNESS AND NUTRITION SUPPORT REFERRAL FORM

REFERRAL DETAILS

SURNAME FIRST NAME

ADDRESS

.....

POSTCODE TEL. NO.

HEALTH CHECK (PLEASE TICK & COMPLETE RELEVANT SECTIONS)

NO MEDICAL PROBLEMS

MALE

D.O.B.
(DD MM YY)

MEDICAL PROBLEMS

FEMALE

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DETAILS (MEDICAL CONDITIONS)

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ANY OTHER RELEVANT INFORMATION

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CURRENT MEDICATION

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I refer the above patient under the terms and conditions of our mutually agreed protocol

Medical Practice

Referrer's Name:

Referrer's Signature

DATE