

The Mr Motivator Club GP Referral Programme



MrMotivatorsclub.com is working with GPs and University College London to make physical activity fun! The Mr Motivator Club has live Zoom classes with standing and sitting options three times a week, and a library of pre-recorded classes.

Healthcare professionals in the UK can refer patients with a chronic condition who are not meeting the World Health Organisations physical activity recommendations. These are:

- At least 150 minutes moderate intensity aerobic activity per week OR
- At least 75 minutes vigorous intensity aerobic activity per week

This includes but not limited to:

Hypertension

Diabetes

At risk of diabetes

Raised Cholesterol

Osteoarthritis

Mental Health

Learning Difficulties

Frailty

Obesity

Patients pay a discounted fee of **£1.99 per month** (usually £6.99 per month) and have full access to the site including nutrition advice.

University College London are performing a study looking at the outcomes after the referral. Patients can be invited to the programme using the Accurx template below

Accurx Template: Mr Motivator Club GP Referral (create for your surgery)

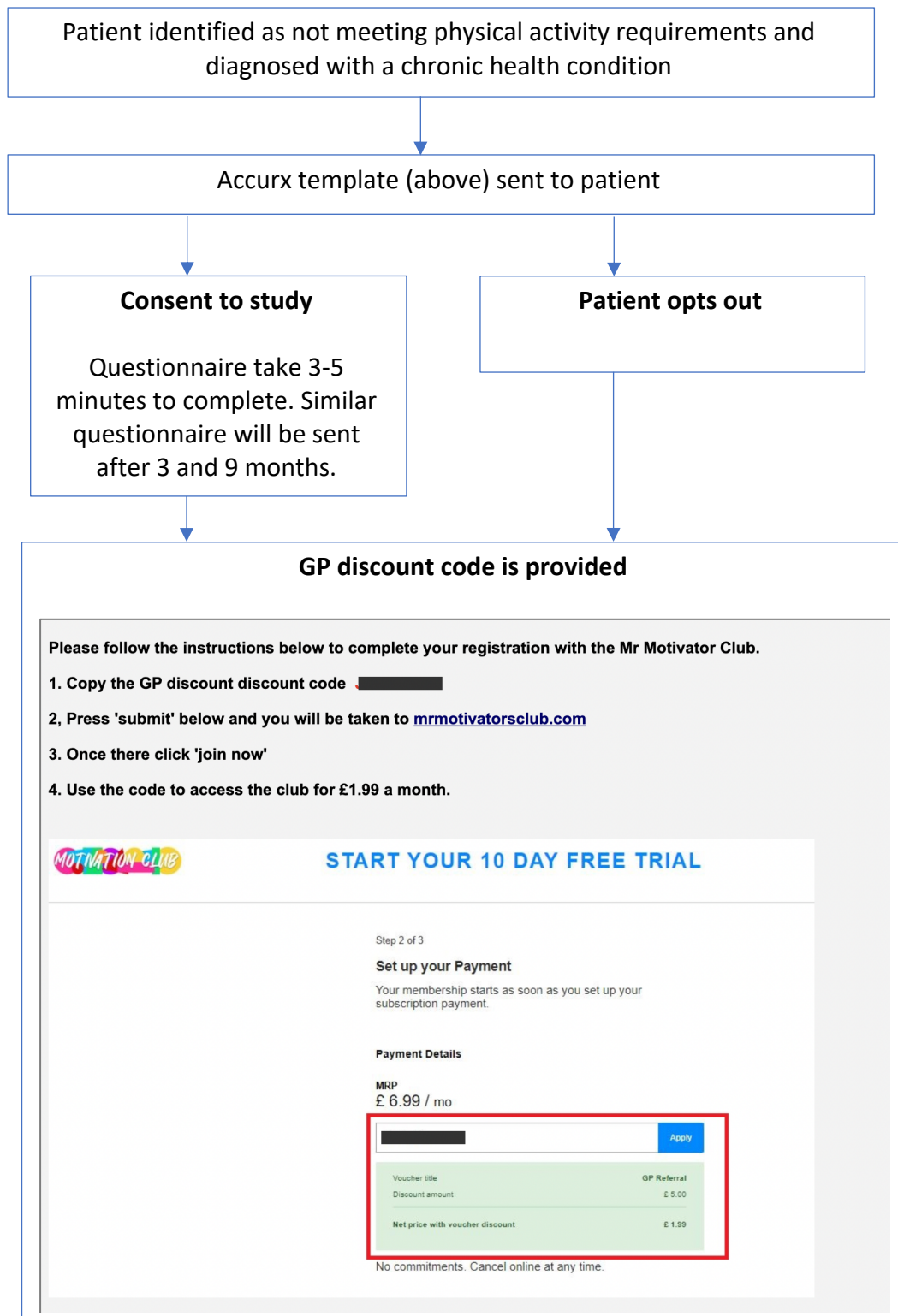
The Mr Motivator Club (mrmotivatorsclub.com) is teaming up with GPs and University College London to make physical activity fun! Join for live and pre-recorded classes for all abilities.

Click the link below for the GP discount code and join for £1.99 per month.

<https://redcap.idhs.ucl.ac.uk/surveys/?s=JKXC84TENX3EAWPA>

UCL are performing a study about the experience. This takes a few minutes if you are able to participate.

Referral timeline for Healthcare Professionals



To find out more information or to speak to your practice, PCN or Integrated Care System please contact Darryl Jashek, GP in Tottenham, Haringey.

darryl.jashek.21@ucl.ac.uk