

Dear *Patient*

KiActiv® Health: Physical Activity for better health

Daily activity reduces the risk of cancer and other conditions. The NHS has teamed up with KiActive to support people to increase their activity. If you have a **chronic disease**, you may be eligible for this free personalised programme aimed at increasing your activity.

Physical Activity is a powerful medicine for managing your health condition – and it is not just about exercise and sport – every move you make can count!

We would like to show you how to benefit from your everyday activities and make the right choices for your health.

This is a NHS funded personalised online programme that requires no visits to a gym or clinic and includes:

- Unique new technology with a clinically proven personal and interactive dashboard that was designed with patients and is simple to use
- An accurate movement tracker for collecting your activity data
- The remote support of a KiActiv® Mentor at key times during the 12 weeks

You will learn how to improve your health and be motivated to make changes that will benefit you forever. Since 2017 over 600 people across Gloucestershire have enjoyed taking part in KiActiv® Health and feel that it has made their lives better.

We are keen for all eligible patients to enrol on this free, personalised 12-week programme, enjoyed from the comfort of your own home, which will empower you to make the right choices for your health.

Please respond as soon as possible; places will be allocated on a first come first served basis.

To find out more about the programme or find out if you are eligible to take up this opportunity, please telephone the surgery on 01531 820689

Please note that this 12 week programme is free for all patients participating.

Newent Doctors Practice