



The Complete Guide to Exercise Referral: Working with Clients Referred to Exercise (Complete Guides)

Debbie Lawrence, Louise Barnett

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Exercise can help prevent and treat a wide variety of health problems, including obesity, heart disease and mobility disorders, and fitness professionals are increasingly working with referred patients as part of their treatment.

Formerly published as *Fitness Professionals: GP Referral Schemes*, the new edition of this established and definitive guide includes the latest information from sources such as NICE and ACSM as well as a new chapter on session plans to provide fresh ideas for working with your clients.

Written by a highly experienced exercise professional, this book covers:

exercise guidelines for different medical conditions
strategies for working with exercise referral clients
approaches to activity and programme design
health, safety and risk management.

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