

Objective measurement of uptake and adherence to an exercise referral scheme and the relationship to clinical outcomes.

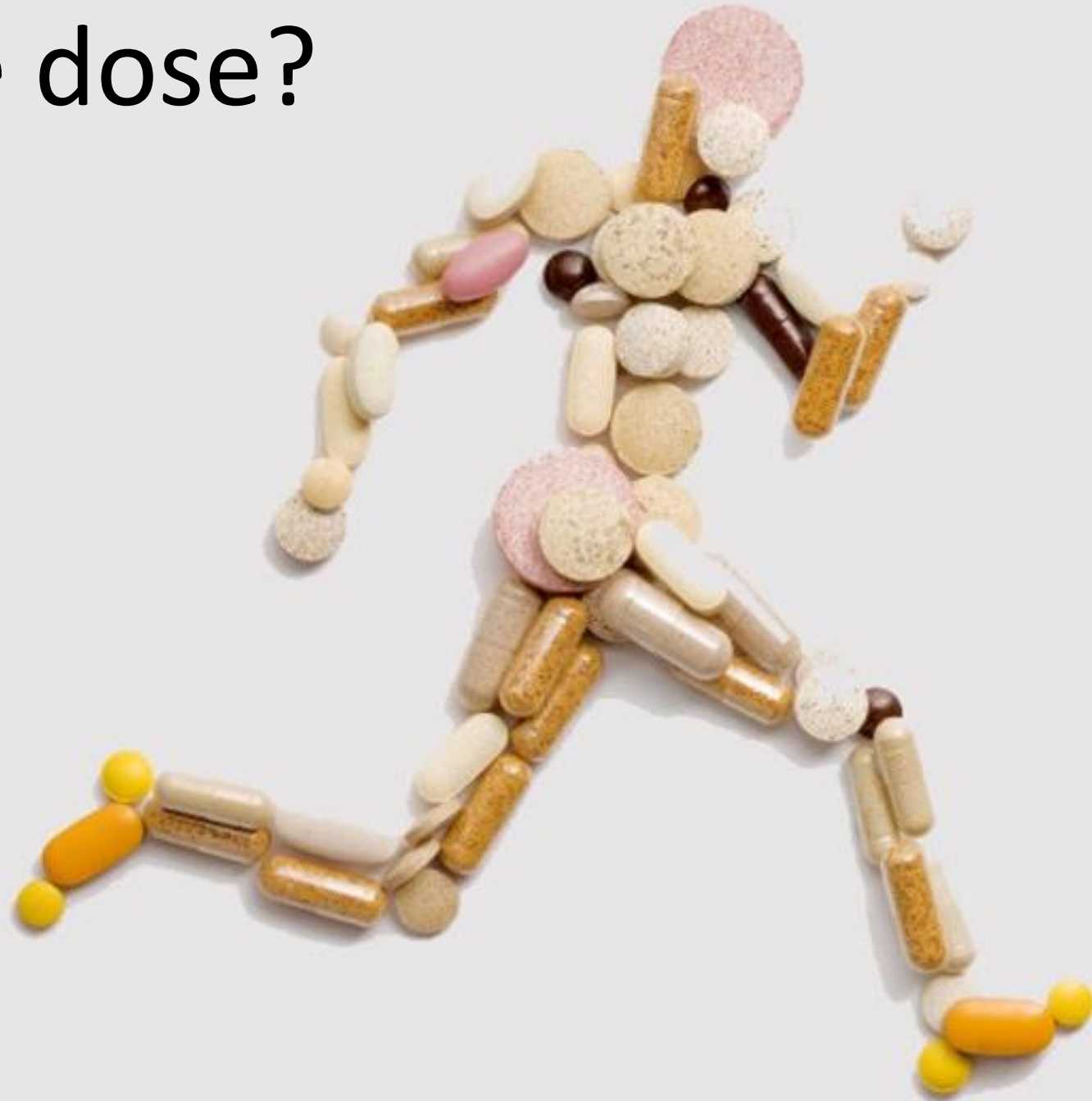
Dr Matt Cocks



What is the dose?

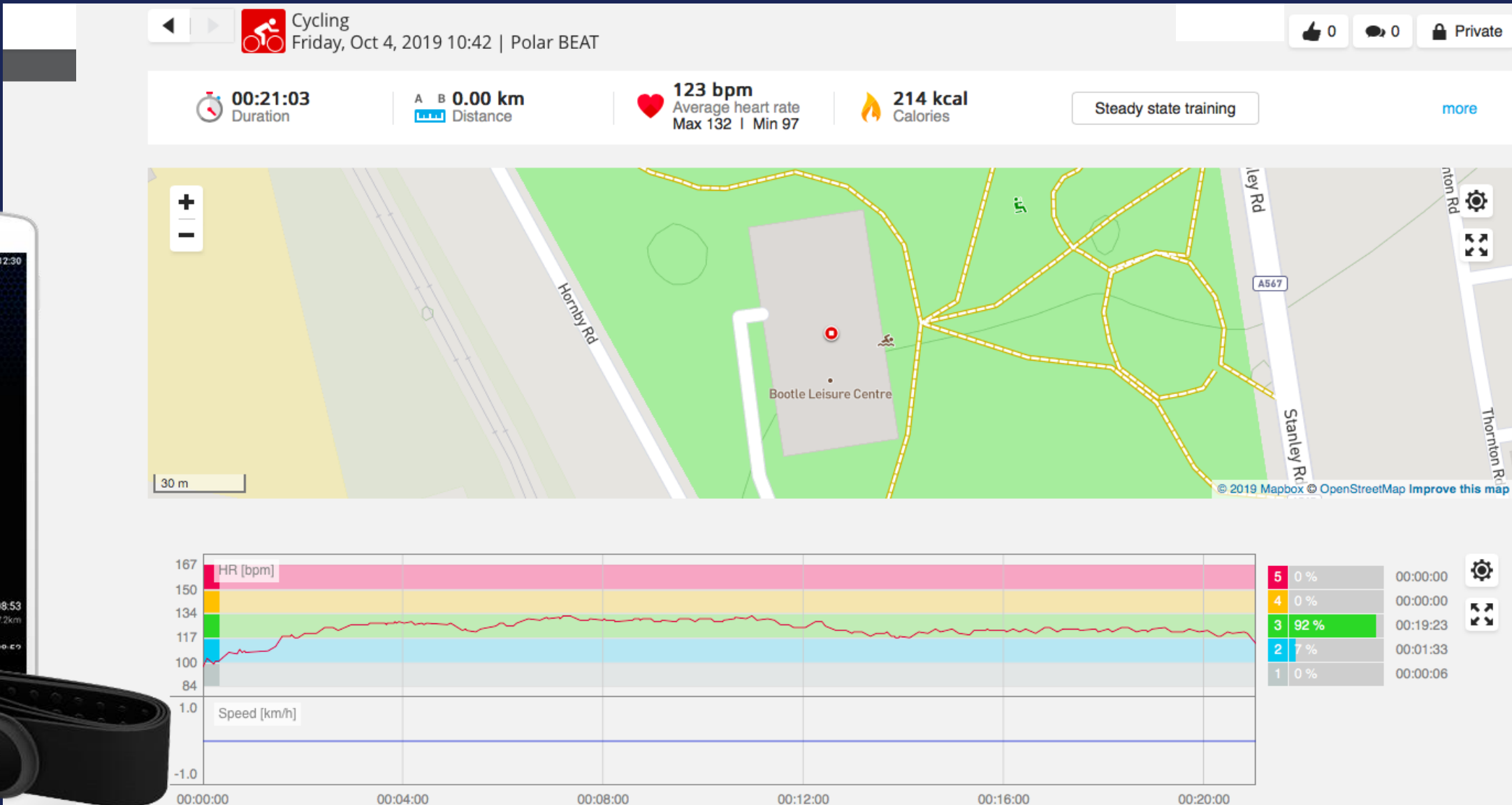
Intensity

Duration

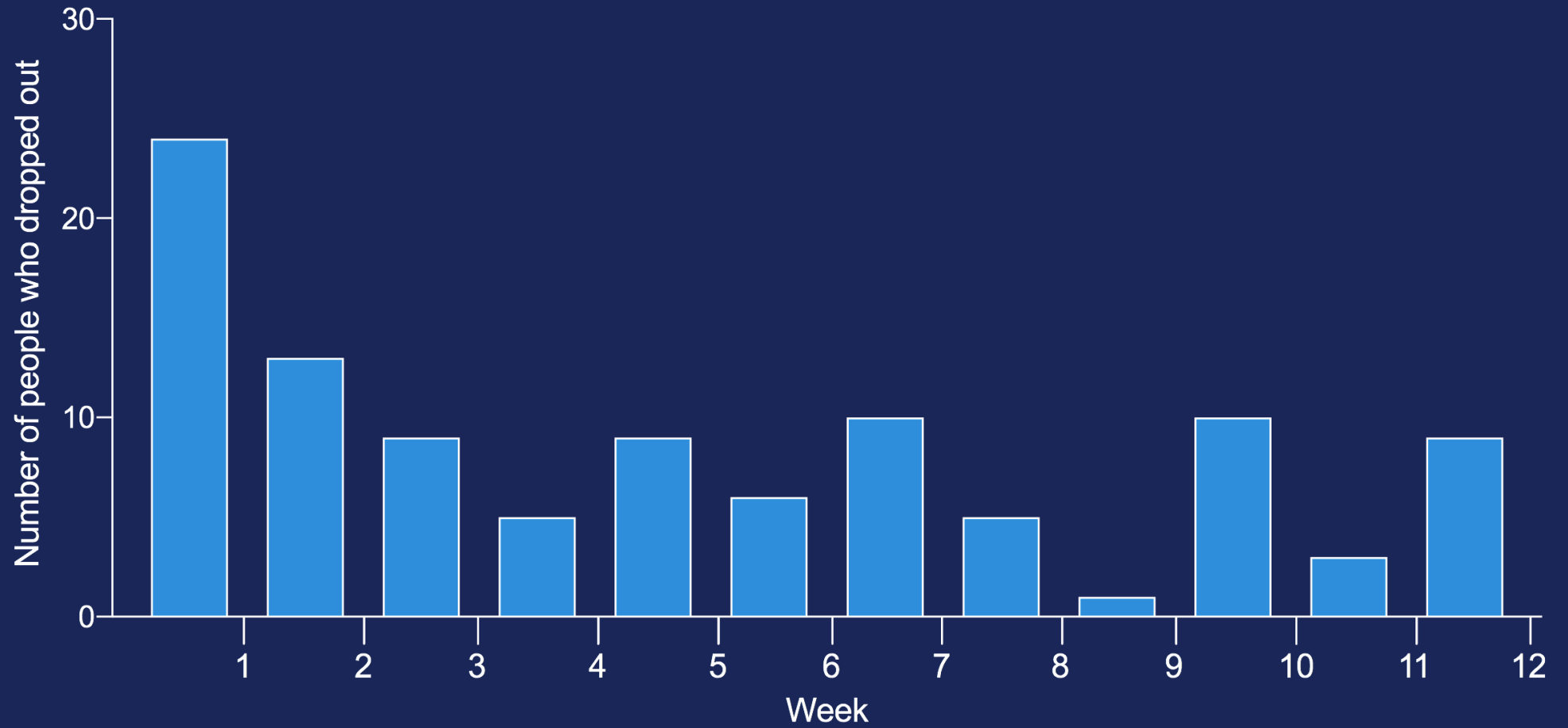


Heart Rate to measure adherence to ERS

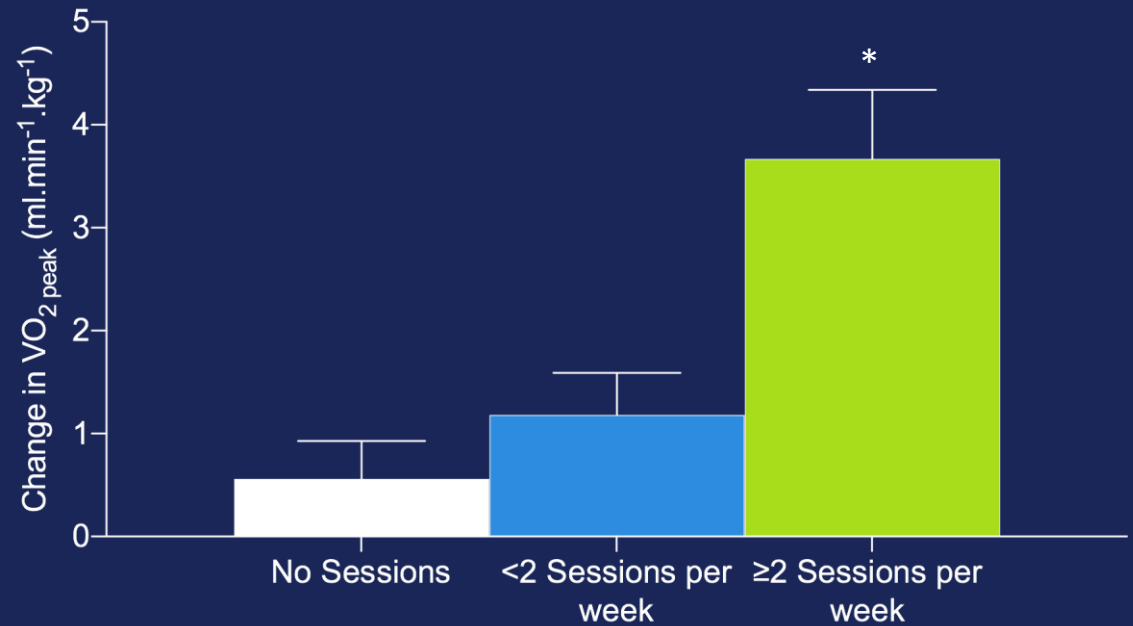
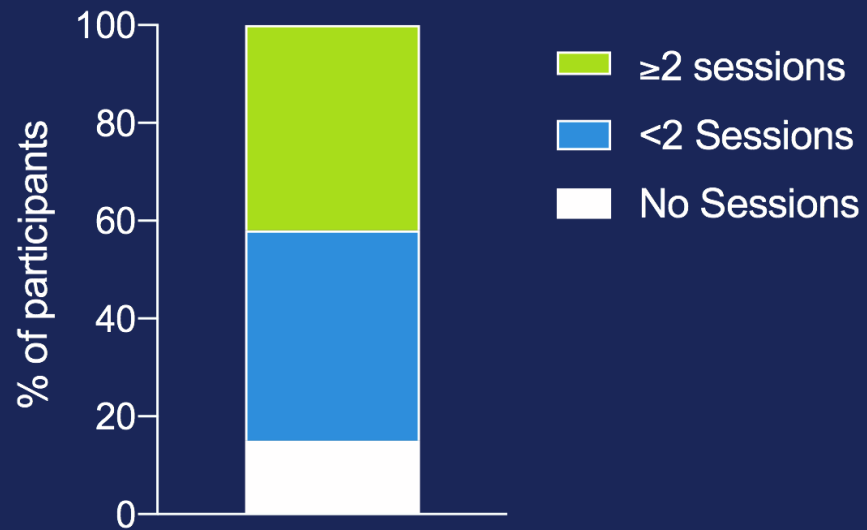
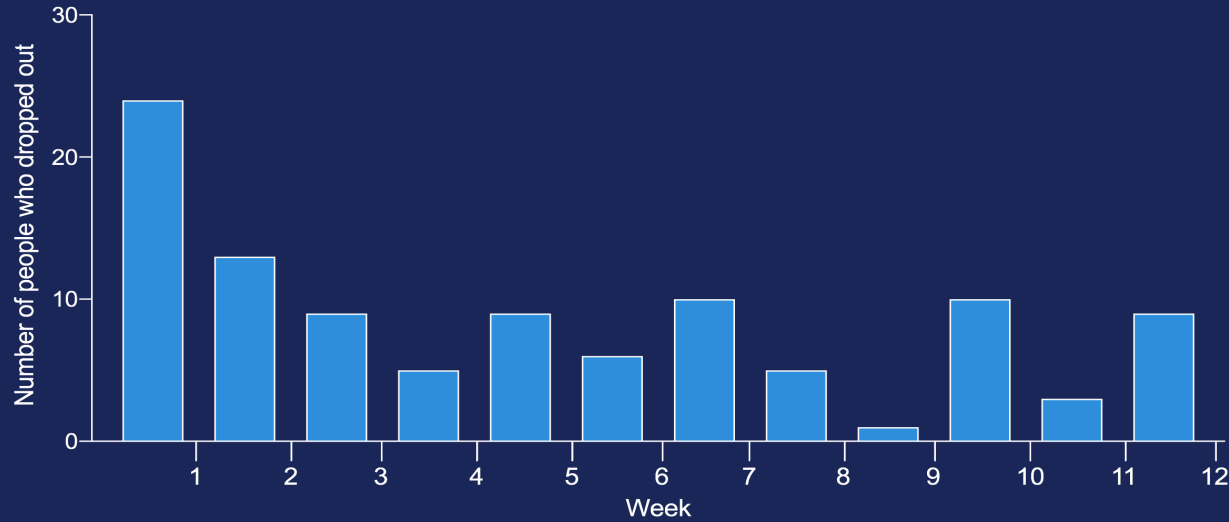
Polar H10
Heart Rate
Monitor



Results



Results



Conclusion

START

Key steps need to be taken to target the patients even before the intervention starts



If we want to see physiological adaptations to ERS we may need to encourage people to complete 2 sessions per week



Conclusion

We need to open the box!



Acknowledgements



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Thank you for listening!



@kathskth

