



Inclusion Criteria

Individuals with the following medical conditions would be suitable for referral into Fit 4 Life (Cumbria)

- **Coronary Heart Disease**
- **Hypertension (High Blood Pressure)**
 - **Diabetes**
- **Chronic Respiratory Diseases**
 - **Stroke**
 - **Obesity**
- **Hyperlipidaemia (High Cholesterol)**
 - **Cancer**
- **Mental Health Disorders**
- **Musculoskeletal Disorders**

*All conditions must be stable before referral into Fit 4 Life

