



The Exwell Medical Programme In Beaumont Lodge



ExWell Medical is a social enterprise with a not for profit ethos that offers structured exercise programmes to people with many different long-term (also called chronic) illnesses. The work we do is very important because a lot of the unwellness that occurs in any chronic illness is caused by becoming unfit or deconditioned because of being physically inactive.

We can fix this, with your help, if you are willing to give it a try.

Our programme has been evaluated scientifically and we know that taking part can lead to major improvements in a wide range of health outcomes including strength, aerobic fitness, psychological wellness, cognitive function, general mobility and blood pressure control.

You are on a pathway towards discharge from Beaumont Lodge in the near future, having spent some time receiving hospital care. The key aim, while you are here, is to improve your physical and mental wellbeing, with a view to improving your quality of life while here and also after you leave. ExWell Medical is delighted to be partnering with Bartra Healthcare to offer you our programme. We will introduce you to ExWell as soon as you are able for it in Beaumont Lodge. Everyone can take part. The exercise programme includes a mixture of strength, aerobic and balance exercises.

No matter what your current ability levels, we will design a programme that suits you, which you will enjoy and which will improve your overall wellness.

What's Involved?

- + ExWell will cooperate closely with the Physiotherapy and Occupational Therapy staff in Beaumont Lodge, who will advise us when they feel you are ready to try the programme.
- + Soon after you come to Beaumont Lodge, we will ask you to undergo some very simple tests of strength and aerobic fitness and to complete a Quality of life questionnaire. These measures will be repeated before you leave and we hope to be able to show you how you have improved.
- + You will have the opportunity to view an information video about the ExWell programme.
- + You will be offered a chance to take part in a very enjoyable group exercise classes in Beaumont Lodge.
- + Your baseline tests will be repeated before you are discharged and you will be given a summary report of the findings.
- + If you are interested, you can continue exercising with ExWell Medical after you leave Beaumont Lodge.

For more information speak to one of the Beaumont Lodge Medical Team or visit our website www.exwell.ie