



- **Mission Fit is a weight management programme targeted and catered for service users in a mental health care environment where those involved are challenged to lose 5% of their starting body weight over 12 weeks. This programme does not finish after the 12 weeks and service users are offered continued involvement to maintain weight loss and to encourage healthy lifestyles.**
- **Patients are offered weekly 90 minute group sessions and individual sessions where appropriate. These sessions include both healthy lifestyle advice and practical physical activity.**
- **Patients are offered advice on healthy eating, tackling motivation and identifying ways to get more active. This is then supported with an hour long activity that has included football, circuits, volleyball, hockey, badminton, gym, tennis and more.**
- **Mission fit also offers nutritional advice, ward based sessions, walking groups, boxercise, exercise challenges and even twice weekly sessions for staff.**
- **We have 7 staff teams in the Priory Global challenge where everyone is competing to be the best team across site.**
- **Mission Fit now offers a real work role to one service user. In this role they plan, prepare and deliver exercise and sports sessions to their peers. This role of responsibility has been a massive success and participants report that they are motivated by this initiative.**
- **The programme has been very well received at Kemple View and we have had lots of success stories amongst our current service users.**

Why physical activity?

- Reduces the risk of coronary heart disease.
- Reduces the risk of diabetes.
- Aids in weight loss, as part of a healthy lifestyle.
- Makes every day tasks easier.
- Provides positive social interaction opportunities.
- More specifically there is an increasingly proven correlation, between sport and mental health:
- Reduces stress and anxiety
- Inoculates against stress and anxiety,
- Improves self esteem,
- Provides a sense of belonging,

- Release endorphins, providing a sense of well being
- Provide opportunity for team working.

The research

“Organised physical activity can have a positive effect on the mental well being of clients with chronic enduring mental health problems” (Paluska and Schwenk, 2000)

“Exercise seems to have an effect on certain chemicals in the brain, like dopamine and serotonin. Brain cells use these chemicals to communicate with each other, so they affect your mood and thinking” (royal college of psychiatrists)

“Physical activity, is a simple strategy that individuals may adopt for themselves or with support from others to help cope with their mental illness” (Faulkner and Biddle, 1999)

Justification

- Independent of any therapeutic rationale, the use of sports and exercise can be justified on ethical and moral grounds, relating to improved quality of life and equity of opportunity.
- Users of mental health services may suffer from secondary or additional health problems, such as hypertension or obesity, that can be controlled or helped through exercise intervention.
- Exercise interventions have been found to be associated with improvements in mental health and can be identified as an effective component of overall treatment plans for people with certain mental health problems.