**Cost:**

Varies across each local authority- please see resources link for further information from the two above studies.

**Outcomes:**

* Mills, et al1. found significant reduction in blood pressure compared to baseline with 49% of participants reducing blood pressure.
* Webb et al2. reported significant reductions in systolic BP and diastolic blood pressure.

**Project aims:**

To increase an individual’s physical activity levels on the basis that physical activity has a range of positive health benefits.

**Project title:**

Exercise on Referral Schemes