

The Minutes of the meeting of the Derby Medical Society

Held on 5th February 2013 at the Derby Medical School

Open Meeting

The meeting started at 6pm with dinner and wine arranged by the Dr Bentley. Proceeds went to the Medical Benevolent Fund.

We had good number of guests.

Dr Scott then had the pleasure of introducing this evening's speaker, Ann Gates, founder of 'Exercise Works'

'Ann Gates has worked as a Healthcare professional for over 30 years. She is on a mission to get every patient accessing and enjoying exercise!

Ann is a published author with [Higher Education & Medical McGraw-Hill Australia & New Zealand](#), with her exercise sheets becoming available online and digitally in December 2012.

She is available as a consultant in advising on how to support nations, communities and families develop successful physical activity and exercise programs and initiatives. As a presentation speaker, Ann's enthusiasm for teaching health professionals to provide quality exercise advice and support to patients shines through! Taken from website <http://www.exercise-works.org>

Exercise is a clinical intervention. It should be given to every patient at every consultation.

NCD – non communicable disease is a major cause of morbidity and mortality in this country. Obesity, diabetes, CVD, cancer, hypertension, COPD and osteoporosis and osteoarthritis are the main examples.

As a nation we are relatively inactive. 63% of adults do not exercise. 50% of the nation is either overweight or obese. Exercise helps all aspects of medical problems.

Low intensity exercise is ½ hr 5* per week and moderate 1 hr 5* per week.

Ann then showed us an animated film by Dr Mike Evans entitled '231/2 hours' <http://www.youtube.com/watch?v=3F5Sly9JQao> It conveyed the message [using evidence based medicine] that just ½ hr of exercise per day can help reduce mortality from the

previously mentioned conditions. Low fitness significantly affects death rates, even more than ^BP IHD and diabetes. Sitting is bad for your health.

As clinicians we should be prescribing exercise. Inactive patients consume more health resources.

We should define the prescription indicating the type of exercise, - i.e. balance, strength, cardiovascular, the frequency, intensity and length of time. Mcgraw Hill exercise sheets and a booklet produced by 'Exercise Works' are useful resources, but not free.

Questions were taken from the floor, asking about motivation, and education. Nordic walking is a very effective cardiovascular, flexibility and balance exercise.

Wendy Scott gave a vote of thanks and we all applauded what had been a very informative challenging and entertaining talk.

44 guests and members signed the registers.

.....

.....