

Marie Murphy Health & Fitness

Information for Health Professionals: Murphy (METs) Programme Pre-Exercise Assessment and Referral

MEDICAL CLEARANCE FOR PARTICIPATION IN PHYSICAL ACTIVITY

Background information

Murphy (METs) Programme is a low to moderate intensity physical activity programme. This is why all participants with a chronic condition need a medical clearance certificate from their Doctor. It is open to everyone but it is not suitable for those who have uncontrolled chronic diseases. Marie Murphy designed, developed and implemented the **Murphy (METs) Programme**, she is an Exercise & Nutrition Specialist and Former Irish Olympian marathon runner.

The **Murphy (METs) Programme** is specifically designed to be safe for people with chronic diseases for example: Cancer, osteoporosis, or diabetes. The **Murphy (METs) Programme** is designed to suit all levels of fitness and most chronic conditions, even those who have never exercised previously. Example: Those at risk of falls, respiratory, musculoskeletal and depression. Those with severe or unstable chronic conditions, who are referred to the **Murphy (METs) Programme**, will be assessed for their suitability.

The **Murphy (METs) Programme** involves conditioning, strengthening, and endurance phases. Patients are encouraged to exercise at a level that has been determined on an individual basis. The focus of the programme is to improve flexibility, balance, co-ordination, mobility, strength, musculoskeletal function, bone density and confidence, in addition to having an impact on cardiovascular fitness, weight management and psychosocial well-being. The **Murphy (METs) Programme** provides Health Professionals with a safe and appropriate referral option.

This programme was acknowledged by the American Institute of Cancer Research (AICR) 2012.

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