

# 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 and is currently being rolled out to Cancer Support Centres across the country.

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