
Exercise Evaluation Randomised Trial (EXERT): a randomised trial comparing GP referral for leisure centre-based exercise, community-based walking and advice only

Isaacs AJ, Critchley JA, See Tai S, Buckingham K, Westley D, Harridge SDR, et al

Record Status

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Authors' objectives

Building on a large local exercise referral scheme, the objectives were to evaluate and compare the effectiveness and cost-effectiveness of a leisure centre-based exercise programme, an instructor-led walking programme and advice only in patients referred for exercise by their GPs.

Project page URL

<http://www.hta.ac.uk/1032>

INAHTA brief and checklist

<http://www.inahta.org/Publications/Briefs-Checklist-Impact/20072/Exercise-Evaluation-Randomized-Trial-EXERT-A-Randomized-Trial-Comparing-GP-Referral-for-Leisure-Center-Based-Exercise-Community-Based-Walking-and-Advice-Only/>

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