



MissionFit

your ambition, our mission

- Mental Illness
- Personality Disorder
- Learning Disability
- Autism Spectrum Disorder
- Brain Injury

What is Mission Fit?

- Regional weight management programme (Arbury Court, Kemple View, The Spinney and Brierley Court)
- Weekly sessions (1.5 hours per session)
- Weight monitoring
- Healthy lifestyle advice
- Exercise
- Smoking cessation support



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What do we offer?

- Exercise – Average 27 hours per week
- Nutrition advice
- 1:1 sessions
- Ward based exercise
- Group sessions
- Walking groups
- Morning boot camp
- Hospital exercise challenges
- Staff mission fit
- Boxercise



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Course Content

- Week 1: Energy balance and goal setting
- Week 2: Regular eating and healthy snacking
- Week 3: Food groups
- Week 4: The importance of hydration
- Week 5: Sugars in drinks
- Week 6: The importance of physical activity
- Week 7: Food labels
- Week 8: 1:1 review and goal setting
- Week 9: Takeaways and fast food
- Week 10: Barriers to change
- Week 11: Motivation
- Week 12: Portion sizes
- Week 13: Recap and quiz



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Current outcomes

Hospital	Number of participants	How many of those lost weight	Most weight lost	Total weight loss
Arbury Court	21	9	10.4kg	33.3kg
Kemple view	23	12	19.5kg	71.3kg
The Spinney	21	9	5.9kg	31.8kg
Brierly court	3	1	1kg	1kg
Totals	68	31	36.8kg	137.4kg



Engaging Patients:

- Mission Fit ethos
- 5% weight loss challenge
- Fun
- Varied exercise
- Patients train at their own pace
- Exercise adaptations
- Staff enthusiasm and persistence
- Team sprit and camaraderie
- Therapeutic relationships



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Engaging Patients:

- Patient input into sessions
- Regular follow up support (week 8)
- Exercise challenges
- Incentives at week 3 and 9
- Mission Fit Champions
- Positivity and patient empowerment
- Regular positive feedback to staff
- Flexibility of instructors timetable
- Weekly goal setting and challenges
- Exclusive programme



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“the camaraderie, ethos and motivation in the group”

“Football, Circuit Training, the eatwell plate” “I liked that it was varied every week”

“I have cut out sugar in my tea and coffee”

“I enjoy the philosophy of the group”

“I feel confident, more energetic, optimistic, better. ”

“the boxing is very therapeutic”

“I have self-motivation and dedication”

“Danny and Jason encourage me”

“better self esteem”



Any Questions?



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