

**July 2017**

**New Appointment to Drive Healthy Lifestyles**

Circadian Trust is growing the team encouraging more people to sign up long term to a healthy lifestyle with the appointment of Jim Rollo.

Jim joins Head of Healthy Lifestyle Dave Smele as Healthy Lifestyle Manager. He is primarily responsible for developing and delivering a Health Referral Scheme for inactive individuals who have existing health conditions, as well as those at risk of developing them.

The scheme will be for health professionals to refer patients to use physical activity and behaviour change to support healthy lifestyle changes and improve wellbeing.

It covers a wide range of conditions including high blood pressure, diabetes, asthma, arthritis, overweight or obesity, depression or anxiety and osteoporosis among other conditions.

Based in the Thornbury Active Lifestyle Centre, Jim is on familiar ground as he worked closely with Circadian in his previous role delivering the award winning exercise on referral referral scheme for South Gloucestershire Council. As part of that role he spent a lot of time in all of Circadian's five healthy lifestyle centres in the area.

Jim said: "Circadian Trust is about much, much more than providing leisure facilities. Our objective is to inspire active lifestyles in as many people as possible, and maximise participation at all levels of health and wellbeing, including after illness.

"Offering a referral services in a community setting and at different times can have a significant impact on individuals and encourage them to continue with a health and wellbeing programme long term.

"There is no medication that offers as many positive effects while having little or no negative effects as moderate physical activity."

Thornbury Active Lifestyle Centre is one of five leisure sites and two dual-use sports centres operated across South Gloucestershire by the not for profit organisation Circadian Trust.

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