

ERSs relatively effective for initiating exercise (66%)

“My friend and I.....absolutely great,.....wouldn't be without it and hope it never finishes.”

But...participation diminishes which indicates barriers



Less successful in maintaining participation (49%)
for whole scheme, e.g. 12 weeks

+ many stop after ERS “Then when that period finished, I went home and thought, ‘Yes, I feel alright’ and forgot all about it. “