







Let's start...

How do I get started?

Follow the link below or scan the QR code in this pamphlet to download the app. When you open the app, make sure you enter the code you were given, and then simply provide a few details about yourself and your health – please do tick ALL the health conditions you have.

You will receive your plan straight away. The app links directly with the step and heart rate trackers on your phone and wearable device (if you have one). If you have any problems at all getting started, email the friendly EXI customer support team on info@exi.life

-  1. Download the EXI app on your smartphone. Scan the QR code.
-  2. Create your account.
-  3. Enter the code you were given.
-  4. Enter your health info and select any health conditions you have.
-  5. EXI creates your exercise program based on your health needs.
-  6. Choose how you want to exercise, knowing Anything is Everything!



Top tips for getting the most from EXI

1. Make sure you have notifications turned on. This way EXI will proactively let you know how you are getting on, and prompt you occasionally to remind you to stay focused on getting active.
2. Say 'yes' to EXI keeping in touch. EXI won't flood your inbox, but this allows EXI to send you information about the programme, as well as information, articles and tips relevant to you.
3. If you don't have a wearable device, like a smartwatch, try to keep your phone in your pocket or on your person as much as possible, to make sure all your activity is recorded. If you do have a wearable device, keep it charged and wear it every day, and at night if possible, to record the most detailed information.
4. Record as much health data as possible. As well as achieving your activity goals, seeing improvements in other aspects of your health like your mood, blood glucose, waist circumference, pain levels, etc. can be very motivating, and help keep you focused on achieving your activity goals. EXI will prompt you weekly to enter this information and complete the six minute walk test.
5. Remember that 'Anything is Everything'! Even if you don't manage as much activity as you wanted to, every minute counts. It is important to remember that change is difficult, and chances are you won't meet your goals sometimes. EXI is with you for the long term, with tools and incentives to help you get back on track, so stick with it and you will soon feel the benefits of a more active life.



EXI[®] Your EXI User Guide

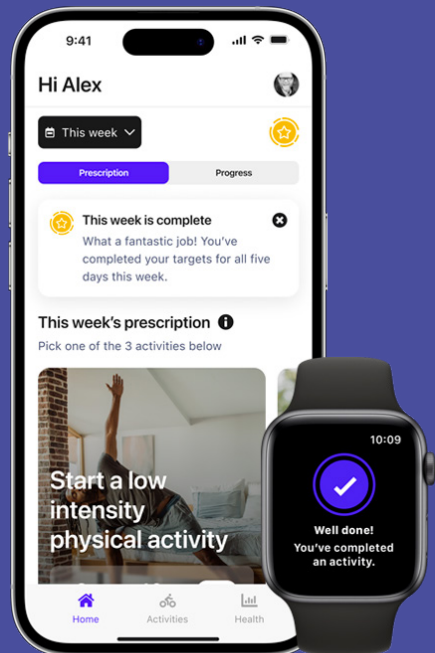
Everything you need to know about getting started with EXI.





Download your personalised exercise prescription today

Scan the QR code to get started!



Welcome to EXI

What is EXI?

EXI is a NHS-approved, award winning programme that helps people to gradually and safely get more active. The easy to use EXI smartphone app will provide you with a personalised plan that takes into account your current activity levels and any medical conditions. The app will then clearly guide you on how much activity should you aim for, how often, and how hard it should be. Your progress will be tracked automatically via your smartphone (and wearable device if you have one, e.g. Apple Watch), so you can check in any time to see how you are doing, and you will know when you achieve your goals. Your plan will be updated each week to reflect your progress and help you to improve each week. You can also track changes in other things within EXI, such as your weight, blood pressure, mood and energy levels, which can really help you and your healthcare professional to have highly informed and detailed conversations about your health.

Why do I need EXI?

Most people around the world do not achieve the recommended levels of physical activity, and almost everyone would benefit from being more active every day. Even small increases in daily activity make a difference, and there is overwhelming evidence that the more activity you can achieve, the better your physical and mental health will be, in the short and long term.

Physical activity is also a key element of the recommended treatment for many chronic conditions, including; diabetes, heart disease, high blood pressure, osteoarthritis, anxiety, depression, obesity, and many more.

For this reason, it is often prescribed by doctors and other healthcare professionals, and because EXI adapts your plan based on your medical conditions, you and your healthcare professionals will know the plan is safe and appropriate for you.

How does EXI help?

At EXI we know that there are lots of reasons why someone is not as active as they could be. You might be very busy with work and family life, you might be worried about hurting yourself or making a health condition worse through exercise, you might have done activities in the past that made you feel uncomfortable or tired, or you might not know how to get started. EXI is designed to help you overcome these challenges. Firstly, EXI starts where you are, and sets achievable

targets. Every minute you are active is recorded, and counts towards your daily and weekly goals. So just by making everyday tasks a little more active, or adding in a short walk to your day, you can start reaching your goals. EXI sets and monitors the intensity of your activity, to make sure it is within a safe and comfortable range for you. Crucially, you get to choose what activities you do to get you moving, that could be playing games with the kids or grandkids, dancing in your kitchen, walking the dog, or taking a tai chi class, it all counts.

EXI also gives you access to guided activities, from outdoor walks to home or gym-based sessions, all set to the right level for you. Finally, EXI helps you see how much you are benefiting from your extra activity, with a simple six minute walk test that will show you how much fitter you have become since starting the programme.



Your referral code:

“The app had been fantastic in encouraging me to take a moment from the busy day and go for a walk, or to do a quick 10 minute boost of exercise. It is also a great way to have a workout routine.”