**Short Answer Quiz**

1. **With reference to the “Moving on Up”, 2001 document, please state six of the main recommendations that were made towards the incorporation of operating a Mental Health inclusion into the running of an Exercise Referral Scheme.**

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1. **Give six conceivable biophysical benefits that an exercise referral scheme/ [sports development initiatives] would have on clients with mental health issues.**

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1. **Give six conceivable psycho-social benefits that an exercise referral scheme/ [sports development initiatives] would have on clients with mental health issues.**

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