



Recommendation Area	Who should take action	What action should be taken
<p><b>Recommendation 4</b></p>	<ul style="list-style-type: none"> <li>• Local Policy Makers</li> <li>• Primary Care Practitioners</li> </ul>	<ul style="list-style-type: none"> <li>• Pay particular attention to the needs of hard to reach and disadvantaged communities (including ethnic minority groups) when developing infrastructures to promote physical activity.</li> </ul>
<p><b>Exercise Referral Schemes</b></p> <p><b>Recommendation 5</b></p>	<ul style="list-style-type: none"> <li>• Practitioners</li> <li>• Policy Makers</li> <li>• Commissioners</li> </ul>	<ul style="list-style-type: none"> <li>• The endorsement of and referral of individuals to exercise referral schemes to promote physical activity should only happen when schemes are part of a properly designed and controlled research study to determine effectiveness.</li> <li>• Outcome measures such as knowledge, attitudes, skills and levels of physical activity should be included.</li> </ul>
<p><b>Pedometers, walking and cycling schemes</b></p> <p><b>Recommendation 6</b></p>	<ul style="list-style-type: none"> <li>• Practitioners</li> <li>• Policy Makers</li> <li>• Commissioners</li> </ul>	<ul style="list-style-type: none"> <li>• The endorsement of pedometers, walking and cycling schemes to promote physical activity should only happen when the schemes are part of a properly designed and controlled research study to determine effectiveness.</li> <li>• Outcome measures such as knowledge, attitude, skills and physical activity measures should be included.</li> </ul>