

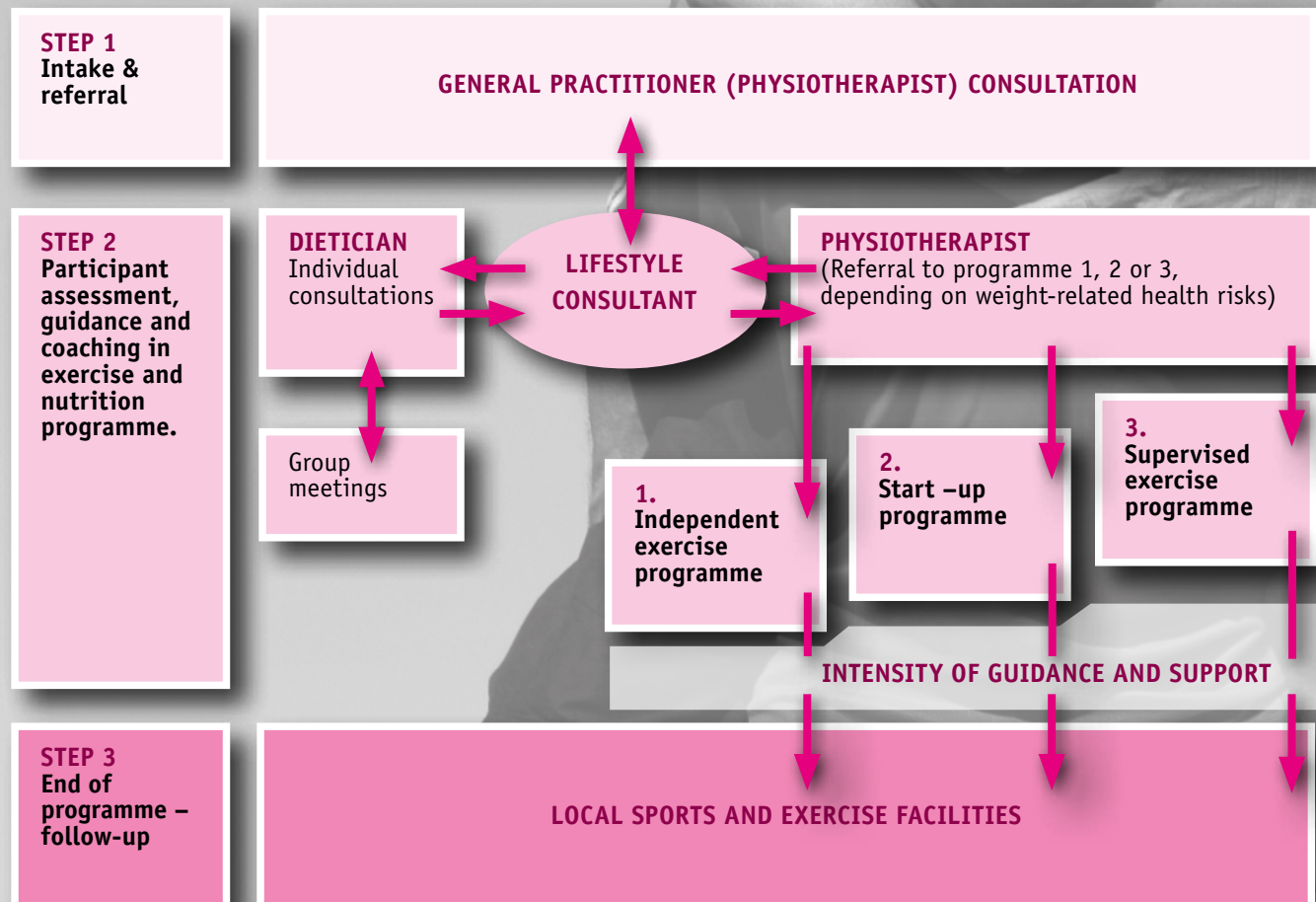
Beweeg Kuur

("A course of exercise")
Working towards a healthier and more active lifestyle

The *BeweegKuur* is a combined lifestyle intervention programme aimed at long lasting behavioural change through increased physical activity and a healthier diet. The *BeweegKuur* is designed for physically inactive people who are overweight and have a high risk of developing health problems such as diabetes mellitus type 2, and for inactive people who suffer from obesity. The programme is tailored to the individual needs of the participant.

Interventions focusing on behavioural change in physical activity and healthier diet are shown to be more effective than interventions focusing on only one of these aspects.

The *BeweegKuur* is available through primary healthcare centres. The ultimate aim of the 12 month programme is to ease transfer to local sports and exercise facilities.



Beweeg Kuur

MOTIVATIONAL INTERVIEWING

Coaching and supervision based on the principles of Motivational Interviewing

SELF-MANAGEMENT

Participants responsible for personal goals

CONTINUATION OF EXERCISING

In local sports and exercise facilities

The uniqueness of the *BeweegKuur*

GROUP MEETINGS

Feeling of social support and bonding increases intrinsic motivation

MULTIDISCIPLINARY TEAM

GP
Lifestyle consultant
Physiotherapist
Dietician
Local sports and exercise facilities

LONG TERM FOLLOW-UP

Guidance and supervision over 12 month period

The *BeweegKuur* programme is expected to be integrated into the basic Dutch national medical insurance scheme in 2012, making it available to everyone within the target group.

The quality of the *BeweegKuur* is assured by:

- A *BeweegKuur* training for professional healthcare providers
- Cooperation between local organisations: The Regional Support Structures for Primary Health Care (ROS), local authorities, council-run health service, sports services, and health insurance companies
- Continuous assessment, monitoring and evaluation of the *BeweegKuur* programme

Facts:

- The *BeweegKuur* has been commissioned by the Dutch Ministry of Health, Welfare and Sports (VWS) and developed by NISB in cooperation with Dutch umbrella and patient organisations
- By the end of 2010 the *BeweegKuur* will be available at 160 care locations across the Netherlands
- Research has shown that participants of the *BeweegKuur* are very satisfied with the programme, awarding 8.1 out of 10 points

www.beweegkuur.nl