Bright Spots: Physical activity investments that work: Active for health Rotherham; Be active to stay healthy

ATCHINSON, R, FRITH, Gabriella <http://orcid.org/0000-0002-2327-2602>, RODEN, A, COPELAND, Robert <http://orcid.org/0000-0002-4147-5876> and REECE, Lindsey <http://orcid.org/0000-0003-2883-3963>

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How it works - our 3 step programme

All programmes follow the same 3-step process from rehabilitation, moving on and keeping active. Initial referrals to Step 2 are from rehabilitation services or a GP/Health professional.

Step 1 - Rehabilitation
Lead exercise professionals will work directly with patients to motivate referrals to Step 2.

Step 2 - Moving on
12 week FREE programme of exercise, tailored to the patient’s condition. Group sessions delivered by specialist exercise professionals with individualised programmes to improve patients recovery.

Step 3 - Keeping active
Patients are offered the opportunity to continue being active. These sessions will be suitable to their condition/abilities and aimed at continuing recovery.

The programme offers people with a long term condition the opportunity to participate in physical activity and have access to a trained exercise specialist.