

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

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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.