

**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>>

Available from Sheffield Hallam University Research Archive (SHURA) at:

<http://shura.shu.ac.uk/18235/>

This document is the author deposited version. You are advised to consult the publisher's version if you wish to cite from it.

Published version

ATCHINSON, R, FRITH, Gabriella, RODEN, A, COPELAND, Robert and REECE, Lindsey (2018). Bright Spots: Physical activity investments that work : Active for health Rotherham; Be active to stay healthy. *British Journal of Sports Medicine*.

Copyright and re-use policy

See <http://shura.shu.ac.uk/information.html>

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.