



# PHYSICAL ACTIVITY REFERRAL SCHEME



Armagh City  
Banbridge  
& Craigavon  
Borough Council

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37-39 Folly Lane, Armagh BT601AT

**Banbridge Leisure Centre** | ☎ 028 4062 8800  
15 Downshire Pl, Banbridge BT32 3JY

**South Lakes Leisure Centre** | ☎ 033 0056 4411  
1 Lake Rd, Craigavon BT64 1AS



**getactive**abc.com



Public Health  
Agency

**PARS**  
Physical Activity  
Referral Scheme



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## WHAT IS THE **PHYSICAL ACTIVITY REFERRAL SCHEME**

The scheme offers specialised exercise and activity programmes for people diagnosed with a variety of medical conditions. The activity programmes are facilitated by Registered Fitness Professionals, who are qualified to cater for special populations.

The scheme facilitates conditions such as cardiac disease, diabetes mellitus, obesity, mental health conditions and musculo-skeletal disorders, to name a few. Clients can only be referred onto the scheme by their GP, Practice Nurse, Consultant Dietician or Physiotherapist.

## **FIT & WELL PROGRAMME**

The Physical Activity Referral Scheme's Fit & Well programme comprises an initial health assessment, interview and induction followed by 8 weeks of scheduled, supervised physical activity sessions based on two sessions per week, and a further 4 weeks of unsupervised fitness suite usage. Supervised sessions take place in a small group environment with a dedicated instructor throughout.

On completion of the programme, clients are invited to attend a second health assessment and interview to ascertain how much progress has been made. Physical activity sessions, prescribed according to ability and personal preference include specially designed studio or outdoor classes, fitness suite usage and other activities besides. Continuation classes after the programme are also made available to encourage adherence to the physical activity routine.

Please see over leaf for Centres facilitating the Fit & Well programme across the borough.