

# HEALTH MATTERS PHYSICAL ACTIVITY PROGRAMME

## What is the Health Matters Physical Referral Programme?

A 12-week physical activity programme delivered by fitness instructors, who are qualified to advise those with medical conditions on how to get active and stay active.

## The two options available are:

- A group based exercise class, designed with each patient's current medical condition and goal.  
**The class is on a Monday 11.00am- 12.30pm.**
- A gym based programme, to include a personal fitness plan, designed with the patient's current medical condition and goal.

Your healthcare professional can refer you to the programme based on the following criteria:

- CHD and other associated risk;
- Asthma, bronchitis, COPD;
- Stress/anxiety/depression;
- Diabetes;
- Osteoporosis;
- Hypertension;
- BMI>30;
- Other significant long term illness or injury.

For further information please contact:

Catherine Bell-Allen

Coleraine Leisure Centre

Telephone: 028 7034 7202

Email: [Catherine.bell-allen@causewaycoastandglens.gov.uk](mailto:Catherine.bell-allen@causewaycoastandglens.gov.uk)

