

Step into Health

Physical Activity Referral Programme



Step into Health is a 12-week physical activity referral programme designed to use prescribed physical activity to support referred clients with the management of chronic conditions.



What is Step into Health?

Step into Health is delivered in partnership with Newry, Mourne and Down District Council and is a 12-week physical activity referral programme. It is designed to use prescribed physical activity to support referred clients with the management of chronic conditions.

The programme initially consists of twice weekly prescribed, group base, supervised physical activity sessions delivered in the fitness suite, class setting and outdoor environment.

Who can join Step into Health?

Participants must be referred from a clinician and be:

- 19 years of age or over
- Inactive
- BMI above 25 and one or more of the following criteria:
- Hypertension
- Hyperlipidaemia
- Impaired glucose levels or diabetes
- Family history of heart disease
- Asthma, bronchitis or COPD
- Musculoskeletal disorders
- Mild or moderate mental health

How much will it cost?

The programme will cost £20 which will include sixteen supervised prescribed physical activity sessions over a twelve week period and twelve weeks membership of the fitness suite and pool. A concession rate of £10 is available to participants aged 60 and over, or in receipt of PIPS. Having completed the programme in full you may also be eligible for concessionary rates for fitness suite membership.

How physical activity can help you manage your condition:

- help control weight
- help the management of painful conditions
- help prevent or reduce osteoporosis
- lower blood pressure and cholesterol levels
- make you feel more confident and energetic
- promote mental well-being
- reduce the risk of heart disease
- reduce the risk of cancer development
- reduce the risk of developing and help to manage Type 2 diabetes

For more information contact
Physical Activity Referral Co-ordinator
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