

# Learning Disability Physiotherapy Service



## Exercise Class



## AIMS OF CLASSES

- ❖ Improve and maintain the general health and well-being of adults with a learning disability in Lanarkshire.
- ❖ Increase physical activity level of adults with a learning disability in Lanarkshire.
- ❖ Provide an appropriate exercise class for adults with a learning disability to attend on a regular basis. This will consist of a structured circuit format.

## CRITERIA FOR CLASSES

### Inclusion Criteria

- ❖ Over 16 years old with known Learning Disability.
- ❖ Able to mobilise with or without assistance/walking aid.
- ❖ Able to participate in group activity with appropriate level of support.
- ❖ Reduced physical activity levels at present.
- ❖ Unable to attend mainstream exercise class.

### Exclusion Criteria

- ❖ Medically unfit to participate in exercise class - will be assessed by health professional prior to attending class.
- ❖ Anyone not meeting referral criteria.



## Would you like to:

- ❖ Tone up?
- ❖ Burn fat?
- ❖ Feel fitter and healthier?
- ❖ Meet new people?
- ❖ Improve your balance and bone health?
- ❖ Have fun?

## Then join us!

### STRUCTURE OF CLASS

- ❖ Warm-up to your favourite tunes.
- ❖ x8 Stations, low impact suited to your ability.  
Work as hard as you can.
- ❖ Cool down, relax, chill!

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# Interested? Act Now!

Venues across North and South Lanarkshire

**Please call the Learning Disability Physiotherapy Service if you would like to attend one of our classes on - 01698 752689**

**NHS Lanarkshire** - for local services and the latest health news visit [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk)  
NHS Lanarkshire General  
Enquiry Line: 0300 30 30 243

**NHS inform** - The national health information service for Scotland.  
[www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.  
[Services@lanarkshire.scot.nhs.uk](mailto:Services@lanarkshire.scot.nhs.uk)



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