

# Exercise for Chronic Disease Management

## 12-week Community-Based Physical Activity Programme for Chronic Disease (Tier 2)



- > Aims to improve overall strength, aerobic fitness, and emotional well-being through a tailored exercise programme twice weekly.
- > Designed to help participants manage their chronic condition by enhancing physical fitness and teaching healthy lifestyle and self-management skills
- > Help in mitigating deconditioning and contributing to falls prevention for older adults
- > Enjoyable and positive social experience exercising in a group setting emphasising a patient-centred approach, building patient partnership
- > Physical and psychosocial assessments at baseline and finish to measure impact and will include an educational component addressing physical activity and healthy-behaviour change.
- > Open to all ability levels. No cost to participant for 12 week programme.

Send your referral today at

01 209 6889 | [cdmreferrals@sielbleu.ie](mailto:cdmreferrals@sielbleu.ie) | [www.sielbleu.ie](http://www.sielbleu.ie)

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