

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

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