

# ***CNT Exercise Group***

An exercise group for people with Neurological diagnosis

## Aims:

- To provide an introduction to exercise.
- To promote independence in managing home exercises.
- To improve strength, balance, flexibility and exercise endurance.
- To improve confidence regarding exercise
- To help you stay fit and healthy.

Starting: 27<sup>nd</sup> March 2019

The first session begins at 12:30, as we take outcome measures to track your progress. Subsequent sessions begin at 14:00.

Duration: **6 weeks consecutively**  
Each session will last **60minutes**

- Supported by Physiotherapist and Technical Therapy Instructor.

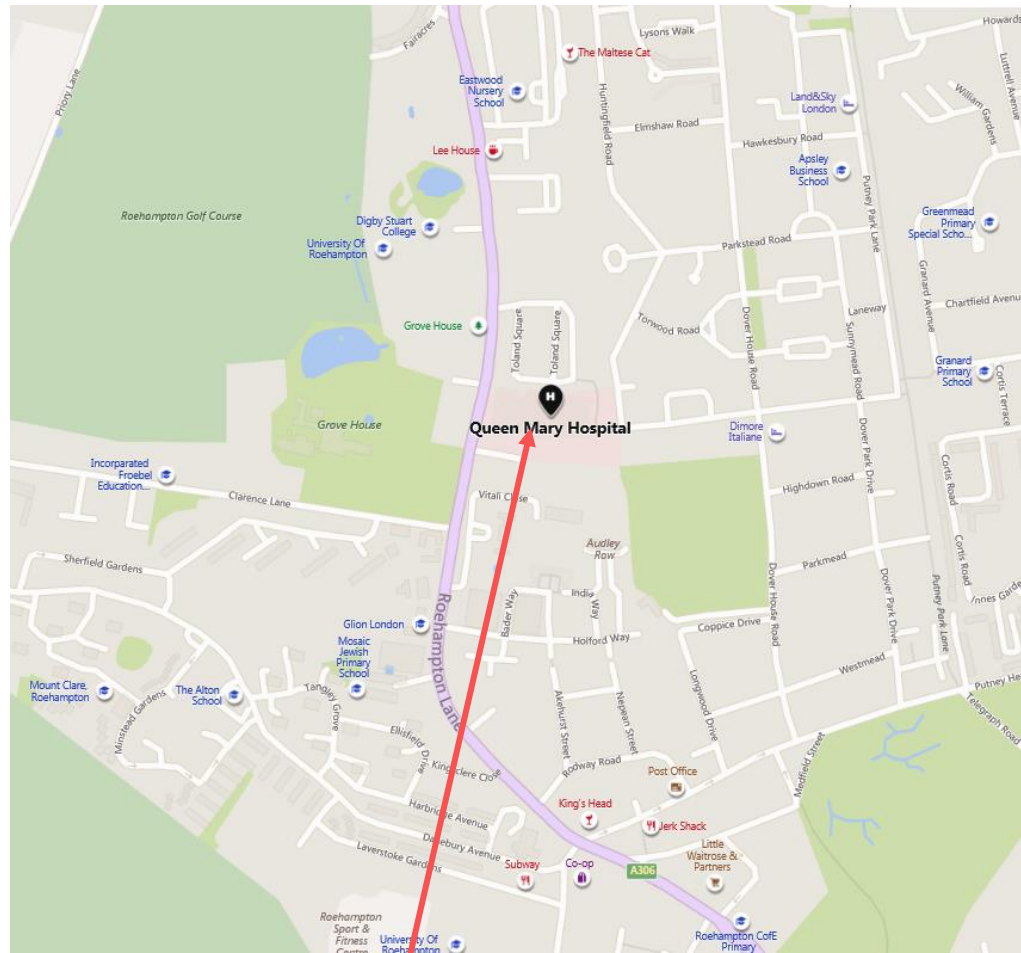
**If you cannot attend, let the team know:**

Tel: **0208 812 4060**

Email: [stgh-tr.wandsworthcnt@nhs.net](mailto:stgh-tr.wandsworthcnt@nhs.net)

## Criteria:

- Have a Neurological diagnosis
- Have compromised mobility (being a wheelchair user to being able to walk short distances with a walking aid).
- Able to walk, get on or off a chair, or bed independently.
- Able to complete a seated warm up and circuit style exercise.
- Have stable heart function.
- Not currently accessing mainstream gyms or exercise groups.
- Able to get to Randall Close Resource Centre (we cannot provide transport).



Where:

Bader Gymnasium  
Queen Mary's Hospital  
Roehampton Lane  
London  
SW15 5PN