



Do you have a long term health condition? Did you know that being more active could improve your health and wellbeing? The physical activity care pathway is a FREE 12 Week Programme that will provide you with information and support to find suitable activities, and help you improve and manage your long term health condition.

If you have one or more of the following conditions then they may be able to help you get active:

- Osteoarthritis
- Rheumatoid Arthritis
- Stress
- Depression
- Anxiety
- Diabetes Mellitus Type I
- Diabetes Mellitus Type II
- Hypertension
- Hypercholesterolemia
- CHD
- Angina
- Osteoporosis
- Joint Replacement
- Obesity (BMI 30+)
- COPD
- Simple Mechanical Back Pain
- Parkinson's disease
- Fibromyalgia
- Dementia
- Chronic Heart Failure (Stable)
- Controlled Asthma
- Cancer
- Stroke

Regular exercise can help you to:

- Maintain a healthy weight
 - Increase your fitness
 - Improve your health conditions
 - Increase your energy
 - Sleep better
 - Meet new people
 - Improve your mental well being
- Increase your confidence, plus much more

For more information please contact Phil Ainsworth (Physical Activity Care Pathway Co-coordinator) on philainsworth@barnsley.gov.uk or 01226 787 429.