

The All Wales Cystic Fibrosis Centre Physio-Exercise-Service

What we can offer you?

Provide you with a graded introduction in how to become more physically active also offering continued active lifestyle support. We can come to you, if getting to us is a challenge. We always encourage the involvement of your friends or family in your sessions.

How would we help you achieve this?

Personal programmes & training plans
Practical exercise education, coaching and goal-setting
Motivational coaching
Monitoring, Testing & Assessment of you physical ability

Where can you exercise at your Centre?

At your 4 mini-Gyms; Ward Rooms & around the hospital grounds & locality

What equipment do we have for you to use here at your CF Centre?

At a glance; Treadmills, Bikes, Cross-trainers, Rowers, Steppers, Stability-balls, Balance-boards, Table-Tennis, Wii systems, Free weights, Resistance-bands, a Multi-Gym-Stack-System and much more !

How can we help you improve & continue an active lifestyle?

Search-out & provide links to your local leisure & sports services.
Provide you with leads to your local instructors, coaches and activity groups.
Direct referral to local "National Exercise Referral Scheme's".
Come along with you to a few sessions for support if you wanted us to.

When is your Exercise Service available?

8:30am – 4:30pm / Monday – Friday

The gym-space & coaching are always available to you, by booking your time slot. Why not take advantage of the opportunity during your admission and at your clinic appointments / meetings with your CF-Centre Team.

How can we stay in contact?

Text, Phone - call, email, Web-video-link



Remember
We are at the end of your finger tips!
If distance is a problem then link-up with us via
Our
Web – Video – Link
(see on reverse side)

