

## **PARIS – Physical Activity Referral in Stockport**

PARIS is designed to help people with moderate medical conditions (such as diabetes, COPD, angina, have had a heart attack or coronary artery bypass, or suffer from anxiety, depression or joint pain) to become and to stay physically fit.

Trained staff work with you to produce a **personalized physical activity** plan. One element is discounted membership at fitness centres where staff work with you one-to-one.

A second element is in the community where you do group activities such as extension or yoga.

A third element, **for the less able**, is training in exercises for you to do in the home.

**Your GP may refer you or you can self refer.** Most local health centres, (but not the Bramhall Health Centre), are in the scheme.

**Go to:**

<https://www.lifeleisure.net/health-wellbeing/exercise-referral/>