

## How to get involved in the **fit4u** Project?

- Complete an Individual Profile Form - which can be obtained from, and should be returned to:

Rhonda Richardson  
**fit4u** Project Worker  
(contact details are on the back page)

- You will then be informed about activities happening in your local area.



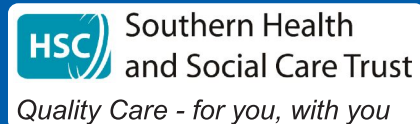
For further information  
please contact:

Rhonda Richardson  
**fit4u** Project Worker

Promoting Wellbeing Team  
St. Luke's Hospital  
Loughgall Road  
Armagh  
BT61 7NQ

T: 028 3741 2129

[rhonda.richardson@southerntrust.hscni.net](mailto:rhonda.richardson@southerntrust.hscni.net)



**fit4u**  
active lifestyles

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**fit4u** is coordinated by the  
Promoting Wellbeing Team,  
Southern Health and Social Care  
Trust.

## What is the **fit4u** Project?

**fit4u** is a partnership project, which brings together representatives from Health, local Councils and people with disabilities, to plan and develop physical activity and leisure opportunities for adults with physical/sensory disabilities in the SHSCT area.

Examples of activities include:

- Archery
- Aerobics
- Boccia
- New Age Kurling
- Boxercise
- Golf
- Walking
- Tai Chi
- Tandem Cycling
- Yoga
- Football.



## Project Aim

To seek to empower people with physical/sensory disabilities to improve their health through participation in a range of physical activity and leisure opportunities, which promote independence and citizenship.

## Target Area

Adults with physical/sensory disabilities from across the SHSCT area:

- Dungannon & South Tyrone Borough Council
- Armagh City & District Council
- Craigavon Borough Council
- Banbridge District Council
- Newry & Mourne District Council.



## Why get involved in the **fit4u** Project?

- Participate in new physical activities and sports
- Increase your participation in physical activity
- Express your views and raise awareness among leisure/sport providers of your needs
- Improve your overall physical, mental and social health and wellbeing - improve mobility, confidence and have fun with others.