



ReVitalyz

Seated Physical Activity Training

Motivation, Reablement, Independence, Wellbeing

Seated Physical Activities (SPA) in Care & Community Settings

Enabling learners to understand & deliver, basic seated physical activities (AKA chair-based exercise) for less able adults, ensuring continued health & wellbeing.

During this 4hr workshop participants will:

- Learn a number of basic **SPAs** through practical experience
- Enjoy lively discussion on the benefits of **SPAs**
- Explore a range of motivational techniques to encourage participation
- Understand basic Health & Safety implications for **SPA** sessions
- Appreciate the importance of keeping simple written records

Everyone leaves with a confident and positive attitude to this therapeutic activity PLUS comprehensive **SPA** workshop notes on CD Rom, ReVitalyz stress ball and a **SPA** Certificate of Attendance

Monday 8th October 2018

£95 per learner

Buckland United Reformed Church (*entry through front door*)
174 Kingston Rd, Portsmouth PO2 7LP

* arrive 9.30 * PROMPT 10am start * 30min midday break * 2.30 finish *

Tea/coffee provided * Café on site
Limited, on-street parking (free)

Practical, lively training which supports CPD including appropriate tips and motivational techniques all set and delivered at an achievable level to suit a range of learners including:

- Health & Social care teams/managers
- Volunteers/Carers/Relatives
- NHS employees / Charity teams
- OTs/Physiotherapists/Students
- Fitness professionals/students



Recent comments:

"Great atmosphere, very informative. Lots of fun & you didn't feel like you were training"
"Thank you for a fantastic training session. Really informative and helpful"

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