DOWN PROGRAMMES

STEP DOWN PROGRAMMES (NOT FUNDED)

All clients receiving Level 3 and Level 4 Physical activity programmes should be offered a range of step down programmes to continue their physical activity

These include:

Parkrun, Leisure Centre incentivised memberships*, Healthy Living Centre programmes (Danderball, Tai Chi etc), Parks/ spaces, Gardening, Active Travel, Outdoor gyms/ parks, Cycling, Active Ageing, Walking for Health groups, Jog Belfast, Couch to 5k, etc











= Lower risk

= Range of individuals in low/medium and high risk participate