



# ReVitalyz

Seated Physical Activity Training

**Motivation, Reablement, Independence, Wellbeing**

## Seated Physical Activities (**SPA**) for use in Care & Community Settings

Enabling learners to deliver a range of seated physical activities (chair-based exercise) for less able adults to ensure 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

**Wednesday 13<sup>th</sup> November 2019**

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**£95 per learner** (*payable in advance*)

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

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

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

Practical, lively training which supports CPD including appropriate tips and motivational techniques set and delivered at an achievable level to suit 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"