



The **Ability North Project**, funded by Sport England, returns this Winter and we are offering more than ever before!

Once again we are providing free personal training programmes to disabled people across the North East of England to help people improve health, fitness and wellbeing whilst building confidence to continue to keep active.

Health

Fitness

Each programme is 3 weeks in length and will be instructed by either specialist trainer Jonathan Baker of *Motion North East* on **Fridays** or Dan Bee of *SuperBeeFit* on **Mondays**. You can book your sessions to start in November, December, January and February. The project is open to those with a wide variety of conditions and impairments such as:

- Wheelchair users due to spinal cord injury, stroke, Cerebral Palsy and Multiple Sclerosis
- Limb impairment
- Learning disabilities
- Mental health issues
- Hearing impairment
- Visual impairment



Wellbeing

Sessions will be held at Disability North's fully accessible Dene Centre, on **Mondays** and **Fridays** between **10.00-14.30**. To book your session with **Jonathan** call **07712289225** or email [info@motionnortheast.co.uk](mailto:info@motionnortheast.co.uk) and to book your session with **Dan** call **07478 725410** or e-mail [superbeefit@outlook.com](mailto:superbeefit@outlook.com)



**Gym Possible** will also be hosting an online programme of accessible fitness sessions led by coaches who are wheelchair users themselves. Tune in via Facebook Live or catch-up with their YouTube archive. These sessions make an excellent accompaniment to any face-to-face training, all from the comfort of your own home. A variety of classes will be available, such as:

- Wheelchair Tabata
- Adaptive Box-Fit
- Seated Cardio
- Resistance Band Training
- Adaptive Dance-Fit

[www.gympossible.org/about-online-fitness](http://www.gympossible.org/about-online-fitness)

The project begins on **1st November**. **Come and join us!**