

PAARS

Positive Activity Referral Scheme

Referral Booklet

INTRODUCTION

The **Positive Activity Referral Scheme (PARS)** provides health and fitness opportunities for you and your family. The scheme gives you access to a variety of sports and physical activities to enable you to.

- Increase your activity levels
- Improve self-confidence
- Reduce anxiety towards sport and physical activity

A **PARS** co-ordinator will be assigned to help you and your family. You will also have access to instructors and coaches who will tailor a programme to help you become more active, build relationships and increase your confidence.

THE PARS PROCESS

REFER

Speak with a worker about the programme and get referred to **PARS**.

CALL

Speak with the **PARS** co-ordinator and find out more, let us know what activities you would like to do

BEGIN

Start to get involved in physical activity and receive support from your **PARS** co-ordinator.

MEET

With your worker meet your **PARS** co-ordinator and set some small targets to help you become more active.

DID YOU KNOW...?

- Being fit is good for your heart; it strengthens the muscles needed to make your heart and cardiovascular system function
- It takes 12 weeks of an exercise routine before you start to see measurable changes to your body
- Listening to music while exercising can improve work out performance by 15%
- Parents who exercise regularly are good fitness models for their children; this encourages children to lead a healthy lifestyle
- Exercising on a regular basis helps boost your immune system and reduces your chances of getting ill
- Sweat releases dirt through your pores which reduces acne and breakouts. Physical activity improves the overall look of your skin
- Exercising can help ease your mind and rejuvenate your body. Physical activity can make you feel great and boost your confidence.

HELP IS AT HAND

The **PARS** co-ordinator is here to help you become more physically active and encourage a positive lifestyle change. They will focus on building a positive relationship with you and your family, whilst understanding your fitness needs.

HOW YOUR CO ORDINATOR WILL SUPPORT YOU:

- Meet up to talk about how it is going
- Phone calls or messages to help encourage you and provide advice
- Go to activities with you and introduce you to new activities
- Work with you to set and achieve small targets
- Help you to understand how to overcome barriers towards physical activity
- Help you to adopt sport and physical activity as part of your lifestyle.

BE MORE ACTIVE BY:

- Walking to and from local places, such as the shops, park, school
- Doing the gardening
- Helping with household chores like vacuuming and cleaning windows
- Get off the bus two stops earlier and walk
- Use the stairs, not the escalators
- Dance to music
- Sign up to charity events (*e.g. fun runs*)

HELPFUL RESOURCES:

It is common for us to stop doing things when we are depressed because it can feel like too much effort or seem too hard. This can then make us feel even worse.

Use the boxes available to write down some activities you used to do, but have been avoiding recently.

LIST SOME ROUTINE ACTIVITIES E.G. VACUUM, SHOWER, CLEANING, SHOPPING:

LIST SOME ENJOYABLE ACTIVITIES E.G. MEETING UP WITH FRIENDS OR FAMILY, WALK IN THE PARK:

LIST SOME NECESSARY ACTIVITIES E.G. PAY THE BILLS, SORT OUT THE POST:

WEEKLY PLANNER

Use the weekly planner to set out some of the activities you have been avoiding. Include a mixture of routine, enjoyable and necessary activities every day.

First week: Write down what you do and how you feel. Rate the emotion 0-100% e.g. "Watched TV, happy 50%"

Subsequent weeks: Plan activities each day, mixing activities of work, rest and play.

Pace yourself!

DAY						
MORNING						
AFTERNOON						
EVENING						

Place the activities in order of difficulty; include some from each type of activity in each box.

THE MOST DIFFICULT -

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MEDIUM DIFFICULTY

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THE EASIEST -

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