**Newcastle LiveWell scheme**

LiveWell is a scheme to provide opportunities for people with underlying

medical conditions or risk factors to become more active, in a safe and friendly

environment under the guidance of the Sports Health and Fitness Team.

Through the LiveWell programme, the Sports Health and Fitness Team provides

access to safe and effective exercise in a supervised environment and equips

patients with the knowledge and skills to become more active, raise awareness

of the benefits of physical activity and essentially promote long term

behaviour change.

The emphasis is on using exercise and physical activity to reduce the impact

a health condition can have on a persons life. This helps people recognise the

important role being active has on health thus helping people choose to be

active in their everyday lives.