

# Reconnect PHIT Group

## Physical Health Information & Training

10 week  
physical activity  
program

Dates

17 Oct - 19 Dec 2019



One meeting  
per week  
Thurs 1-2.30pm  
at Reconnect,  
94 Farrington Ave,  
Bishopdale

### Reconnect's 'PHIT' Group

Is our newest initiative that aims to promote physical activity, health and wellness following a traumatic brain injury. Our passionate coaches will provide creative activities surrounding the following themes:

#### Physical

Maintaining physical health is important for everyone, but physical activity has specifically been shown to help manage TBI - associated conditions and improve rehabilitation outcomes.

#### Health

We aim to introduce our clients to new strategies for increasing overall health and well-being. We will provide a holistic approach to what it means to be healthy.

#### Information

Knowledge is power! We aim to educate our clients on the benefits of activity that extend beyond physical health. Engaging in exercise can improve overall quality of life by minimizing fatigue, improving mood and increasing a sense of personal purpose and value.

#### Training

This group will also focus on training our mind and body by engaging in activities such as yoga and meditation, as well as interval and strength training. Our clients will also participate in goal setting and will be supported in working towards these individual goals.



Rehabilitation  
Laura Fergusson Trust  
Canterbury