

# Promoting wellbeing for adults with learning disabilities



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Service users felt they were unable to access a bespoke fitness service in the local gyms for a variety of reasons:

- The personal trainers who work there do not always understand the needs of people with learning and/or physical disabilities
- There may be too many people in the gyms who might stare at them and put them off
- They might not be able to keep up with the trainer
- Costs
- Being able to go to and from gyms by themselves without staff support



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Staff had heard about a fitness trainer who specialised in supporting service users with disabilities with personal/ group fitness training

The trainer was invited to the home for an Introduction and Assessment session and to outline costs and times

The cost was very reasonable and the timings very flexible

Staff supported the service users to seek advice from their GP's prior to participating in the sessions. The GP's actively encouraged fitness activities to increase stamina and promote maintaining a healthy weight



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The service users have absolutely loved their group and individual fitness sessions

They have commented that it is the highlight of their week and that they feel so much better

The trainer has said that they have seen huge improvements in the stamina and fitness ability of the service users

Although it does not actively discriminate against people with disabilities, the fitness industry does not actively promote ways to support them. This arrangement has ensured equality of opportunity to good health management



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