

# DO YOU OR SOMEONE YOU KNOW SUFFER FROM AFTER EFFECTS OF COVID, ALSO KNOWN AS LONG COVID?

LIVE WELL  
RE-START



Healthier, Stronger, Happier



Such as breathlessness, fatigue, aching muscles, brain fog?

Are you in an identified 'At Risk' group and would like help to improve your health?



Public health South Tees have developed 'The Restart Programme'.

Restart is a 12 week free programme to improve your mental and physical health and wellbeing

On Restart you will be guided through a tailored 1-2-1 programme, with available signposting to many other local services that can support you.

For more information on this Restart programme please visit our website:

[www.thelivewellcentre.co.uk/restart-program](http://www.thelivewellcentre.co.uk/restart-program)


THE  
LIVE WELL  
CENTRE

Or please contact us on the following:

T: 01642 727580

E: [livewellcentre@middlesbrough.gov.uk](mailto:livewellcentre@middlesbrough.gov.uk)

  @livewellmbro

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## HOW WILL I BE SUPPORTED?

On day one you will be met by our Multi-disciplinary team who can support you with any general concerns you have following lockdown and if needed, can signpost you to the appropriate support network e.g. employment/ financial support, addiction support, stop smoking service, wider exercise/wellbeing network, LGBTQ support, sexual health etc.

### At the first face-to-face session:

1. We will complete a full assessment of your starting point and will provide guidance and instruction on how to access the future remote materials, as well as providing coaching tips on the practical session.
2. You will be provided with a tailored, progressive exercise program which can be accessed online or a hard copy of the session can be provided.
3. Your assigned Mentor will call you for regular support and review of your progress on a weekly basis. Your Mentor will discuss the best methods of increasing activity levels for you in your daily routine and will assess your progress and discuss any concerns.

Remember that physical activity does not have to be in a gym and can be done in the home, garden or on the beach!

## DO I HAVE TO COME IN TO THE CENTRE?

Ideally sessions 1, 6, (potentially 8) and 12 should be completed face to face. We have late night sessions if you are employed or have other commitments.

If you are worried or unable to attend face-to-face sessions, we can complete the program on a fully remote basis - providing you have access to appropriate technology. We can also assist you in how to access online content

## IS THIS NOT JUST ANOTHER EXERCISE PROGRAM?

No, the exercises have been chosen with Long Covid rehabilitation in mind, such as chest opening exercises which focus on breathing and range of movement to improve respiration.

The programme includes regular assessment of progress and experienced staff who specialise in long term progressive programming and SMART goal setting.

# GET RE-STARTED TODAY!

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