



Back pain is a very common condition and at any given time between 4% and 33% of the UK adult population suffers from the condition.

Keeping fit and healthy can be a challenge if you live with low back pain however research shows that physical activity can be a very effective way to decrease the pain and discomfort experienced.

The benefits of attending a back pain exercise programme are:

- restore function to your back
- improve your sense of wellbeing and mood
- help you to return to your normal activities.

#### **What is Back to Fitness?**

It is a fitness class designed for people who have back pain. The classes are suitable for people with different physical abilities and the instructors will tailor the exercise to suit each participant.

#### **Where can I attend the classes?**

The classes are held at Carnegie Leisure Centre, Dunfermline, Kirkcaldy Leisure Centre and Michael Woods Leisure Centre, Glenrothes.

#### **What will I do in the class?**

The classes aim to create a person centred approach to the management of low back pain and so the exercises will be tailored to meet this. The format will be a circuit class which involves a variety of different exercises specifically aimed to restore function to your back and may help to ease your pain.

#### **When can I start?**

The instructor will contact you to give you a start date.

#### **How much does it cost?**

The price of your class is £3.40. This is at a 40% discounted rate compared to other instructor led classes.

#### **For how long can I attend the class?**

The class will last for 10 weeks.

#### **What do I wear?**

Wear loose fitting comfortable clothes that you feel you could exercise in. Your footwear should be flat, supportive and comfortable.

#### **Will the class be the right level for me and my back pain?**

Yes. You will be introduced to an exercise programme tailored to your needs. You will be progressed over the course of the programme in order to reach your personal goals.

#### **What can I do after the 10 weeks?**

The hope is that you will want to continue being physically active. Near the end of the programme your instructor will discuss different options for you that will be appropriate for your level of functioning. You will be offered a leisure active membership at a 20% discounted rate if you have completed the 10 week programme.





Anyone wishing to access the scheme will need to be referred by a Health Professional.

For more information on how to be referred, please contact:

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