

Home, Community or Gym?

a quick checklist to help you decide

1

Home might be best if:

- I find it hard to leave the house due to mobility, anxiety, or health reasons
- I want to practise getting out of bed, standing up from a chair, or using the bathroom safely
- I feel more comfortable starting in a familiar, private space
- I have complex support needs that make community outings difficult

2

Community (e.g. a local park) might be best if:

- I want to get outside more and enjoy the fresh air during physio
- I'd benefit from space to walk, run, play sport, or use outdoor gym equipment
- I have goals around community participation or being more active in real world settings
- I enjoy movement based games or sports and want to build confidence outdoors

3

Gym might be best if:

- I want to get stronger, fitter, or more physically independent
- I have goals around strength training, endurance, or improving my fitness for work or daily life
- I feel ready to push myself in a more structured rehab setting
- I want to use gym machines, weights, or cardio equipment that isn't available at home

Tally up your ticks...

- More ticks in one section? That's a great place to start.
- A mix across all three? We'll help you blend or transition over time.



Enabling life
without limits