

Exercise for Amputees!

MANFIT

Manchester Amputee Fitness Initiative



If you would like to improve your fitness: strength, stamina, flexibility and balance and mix with other like-minded people in a friendly, safe environment join MANFIT.

To find out more please ask your physio/occupational therapist, prosthetist, consultant, at the DSC reception or phone:

01457 854604/07776 181180

email: info@manfit.org website: www.manfit.org

FREE group sessions take place weekly at MANCAT's brand new highly sophisticated and well-equipped fitness suite (light lunch included):

A safe group environment with dedicated instructors is provided for amputees (over 18) who have been discharged from active rehabilitation. If people feel confident enough integrated sessions will be available at a reasonable rate.

FREE swimming sessions will also be available from September at the Commonwealth Games pool at the Manchester Aquatic Centre on Oxford Road. Please use the contacts above to find out more.



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