

What is it?

REACT (REtirement in ACTion) is a 12-month physical activity programme designed for older adults starting to show declines in mobility. Developed by the Universities of Bath and Birmingham, REACT combines tailored exercise, social connection, and education to support mobility and overall wellbeing.

The programme begins with sessions twice a week, and reduces to once a week later on. Sessions aim to improve strength, balance and mobility. Throughout the programme, some social and educational time follows some of the exercise sessions.

Important Note: REACT is designed for individuals who are generally mobile. It is not suitable for people who are at high risk of falls or significant mobility challenges.

Is it for me?

If your usual activities of everyday life are starting to feel more difficult, effortful and you find that you are avoiding the physical activities you used to enjoy, the REACT Exercise Programme could be a great way to get back into moving.

The REACT programme is designed to help to:

- improve your ability to perform your daily activities
- improve your strength and stamina
- Keeps you moving, mobile and strong so you can enjoy life and stay independent

Who should take part in REACT?

This programme is most suitable for people aged **65 or older** who:

- **Have some difficulty with mobility** in daily life and are finding it increasingly hard to:
 - Walk up stairs
 - Get out of a chair without holding on
 - Walk more than a few minutes without needing to rest



Participants should be able to:

- Walk around their own home or across a room unaided (no walking aid or help from someone)
- Get out and about without physical assistance from another person (with or without a walking aid, but not a walking frame)
- Stand up from a chair without assistance and remain standing without support
- Walk unaided and remain standing for most of the class
- Take a backward step with confidence
- Get up from the floor without physical assistance or help from anyone else
- Can walk for about 10 minutes without stopping to rest (with or without walking aid)
- Follow instructions
- Monitor their own level of effort and respond appropriately

Who should not take part in REACT?

The programme is **not suitable** for individuals who:

- Cannot walk across a room without the help of a walking aid or another person
- Have a medical condition that severely limits their capacity or makes it unsafe to move around a community venue in a group
- Have had multiple falls (more than 2), a fall resulting in fracture, unexplained falls, or felt increasingly unsteady or had any falls in the last year
- Are unable to get up from the floor without help
- Have had a fall in the last 6 months or are awaiting physiotherapy assessment for falls or frailty
- Require a stick for walking short distances (10 steps or less)
- Are prone to feeling dizzy when standing up
- Are awaiting a GP or health professional follow-up for an uncontrolled medical condition or waiting on medical test results
- Have ever been told they should not exercise because of a medical condition or only complete medically supervised physical activity.
- Have contraindications to exercise (e.g. drop in blood pressure during activity, or awaiting results of medical tests)– for a list of full contraindications see the contraindications list



How do I apply?

To express your interest in joining the REACT programme, please complete and return an **application form**. You can do this in a few ways, listed below:

- Posting or dropping it off to: *The Health Improvement Commission, The Perkins Suite, KGV Playing Fields, Rue Cohu, Castel, Guernsey, GY5 7SZ*
- Emailing a completed copy to: sam.green@healthimprovement.gg
- Completing it online by visiting <https://healthimprovement.gg/services/be-active/react-retirement-action> or scanning the QR code below.

Application forms are available at GP surgeries, St Martins Community Centre, KGV, and Beau Sejour, or from the Health Improvement Commission's website. Once the form has been submitted, we will phone you to discuss the programme.

What happens once I've applied?

Once your application has been reviewed, **you'll be contacted** to discuss it further. If suitable at this stage, you'll be invited to attend an appointment with one of our instructors.

During the appointment, the instructor will explain the REACT programme in more detail and give you the opportunity to ask any questions. They'll also complete a pre-exercise screening questionnaire with you and go through any paperwork needed to join the programme.

As part of this appointment, we'll carry out a short physical screening called the SPPB (Short Physical Performance Battery). This includes simple tasks such as standing balance, walking a short distance, and rising from a chair. These activities help us to understand your current level of mobility and ensure the programme is right for you.

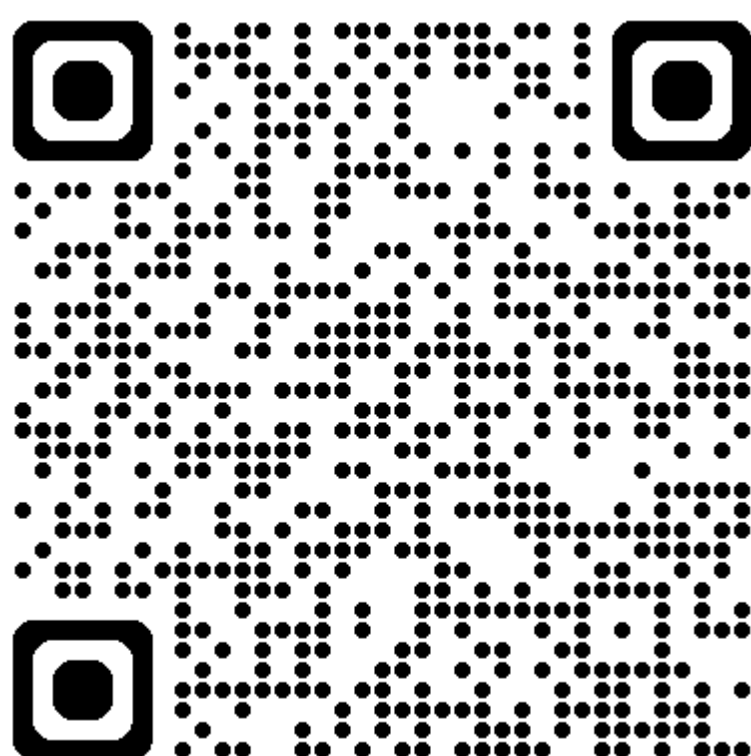
Most people find the test manageable, but we know everyone's starting point is different. If any part feels too challenging, that's absolutely okay – it simply helps us determine whether the sessions will be suitable and how best to support you.

What happens after the initial appointment?

If you're eligible for the REACT programme, we'll let you know your start date and what to expect. The programme runs for up to 12 months and includes regular exercise sessions alongside educational content focused on how physical activity supports healthy ageing.

If you're not eligible, we'll share alternative ways to stay active and connected, so you can still benefit from movement and wellbeing opportunities.

To find out more about REACT visit www.healthimprovement.gg or scan the QR code below



www.healthimprovement.gg



REACT sessions are brought to you by The Health Improvement Commission and are currently free to attend thanks to funding from the Guernsey Community Foundation