

Your go to guide on physical activity

A Health Professional's guide to physical
activity programmes for patients in
Greater Glasgow and Clyde



Telephone 0141 232 1860

www.nhs.gov.uk/physicalactivity

On average, adults should be undertaking at least 150 minutes of physical activity per week. That's 30 minutes of moderate physical activity on at least five days a week.*

Why?

- Physical inactivity is the fourth leading risk factor for global mortality accounting for 6% of deaths **
- The financial burden of inactivity to the NHS across the UK is £1.06 billion (estimated direct cost) ***

It also reduces the risks of:

- Type 2 diabetes -40%
- Cardiovascular disease -35%
- Falls, depression and dementia -30%
- Joint and back pain -25%
- Cancers (colon and breast) -20%
- There are a range of other benefits including improving sleep, maintaining a healthy weight, managing stress and improving quality of life to name but a few.

Key Fact

Despite this over **300,000** adults in Greater Glasgow and Clyde alone are not active enough to enjoy these health benefits.

For more information
please call 0141 232 1860
www.nhs.gov.uk/physicalactivity

Share the health benefits with your patients and encourage them to become more active. Here's how you can help.

Within Greater Glasgow and Clyde we have made it easy to assist patients in your area to become more active. We have 3 bespoke programmes – Live Active, Vitality and Health Walks. These programmes have been designed by health care and fitness specialists, are quality assured and tailored to the needs of patients with various abilities and health conditions. Ensuring there's something everyone can take part in, regardless of their current activity level or medical condition.

Choosing the right programme for your patient

We have provided you with summary details on each programme and created a simple flowchart and referral guidance which you can use as a quick guide to help you make your selection (see pages 10-12). In addition you can visit our website or call our dedicated phoneline and we can provide some additional guidance about these programmes.



Your guide to Vitality

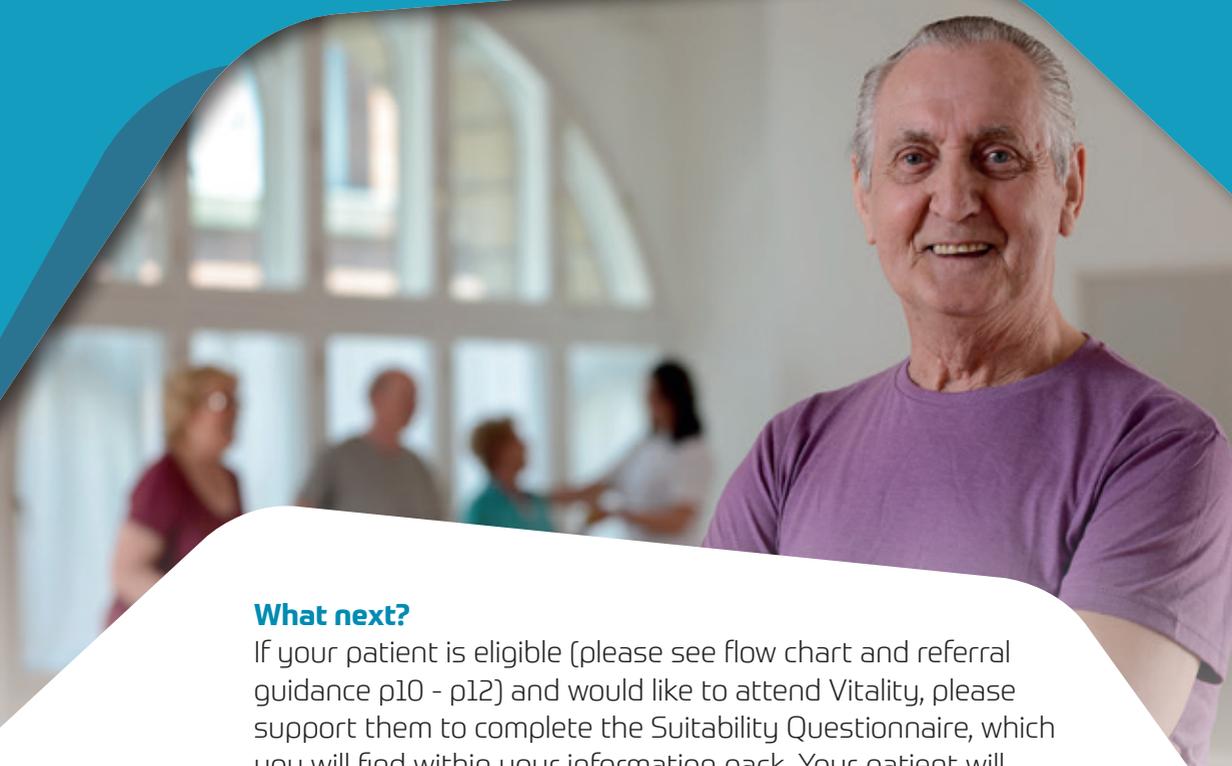
Vitality exercise classes have been specifically designed for people living with medical conditions such as; Parkinson's disease, MS, stroke, cardiac conditions, osteoporosis, cognitive impairments and COPD. It is also ideal for those who have a fear of falling or find their strength and balance is starting to impact on their daily lives. Vitality is delivered by highly trained staff, meeting the required national fitness qualifications, as well as having undertaken bespoke NHS GG&C Vitality training, delivered by a range of condition specific physiotherapists. There are various classes available within the Vitality programme each designed to build and maintain strength, and improve co-ordination and flexibility, meaning that your patients can participate in a safe, comfortable, and above all else fun environment.

Where

With over one hundred classes per week throughout Greater Glasgow and Clyde, there's bound to be one local to your patient.

Classes last for approx. 60 minutes.

For more information
please call 0141 232 1860
www.nhsggc.org.uk/physicalactivity



What next?

If your patient is eligible (please see flow chart and referral guidance p10 - p12) and would like to attend Vitality, please support them to complete the Suitability Questionnaire, which you will find within your information pack. Your patient will need to give this form to the instructor on their first visit, so we always suggest that new people turn up to the class 10 minutes early to introduce themselves to the instructor and discuss their specific needs.

It is not essential to book the first class however to avoid disappointment booking is advised, especially if someone has mobility issues. Please encourage your patient to call **0141 232 1860** to discuss the best Vitality class for them, find out costs and reserve their place.

Cost

A small charge for Vitality applies and is payable upon attendance. Costs vary by local authority.

Your guide to Live Active

If your patient isn't sure where to start and wants some support to become more active then Live Active is the right choice. Through the help of our specialist Live Active Advisors, patients will receive bespoke advice and encouragement to set lifestyle goals whether it's healthy eating and weight loss or simply living a more positive lifestyle.

Over the course of a 12 month period and through the one-to-one consultations, our Live Active Advisors will provide patients with the knowledge, tools and confidence they need to meet their goals.

A physical activity plan is tailored for each individual and advisors help patients choose from a range of activities available such as Vitality classes, supervised gym sessions, swimming, Health Walks to name but a few. Live Active Advisors are also on hand every step of the way offering techniques to cope with setbacks and advice on how to gain the right social support to keep them on track. This unique service is ideal for patients who are keen to make better lifestyle choices but need help to do so.

Where

Live Active operates across Greater Glasgow and Clyde within various Leisure Centres and Community Centres.

For more information

or to book your patient in for their appointment

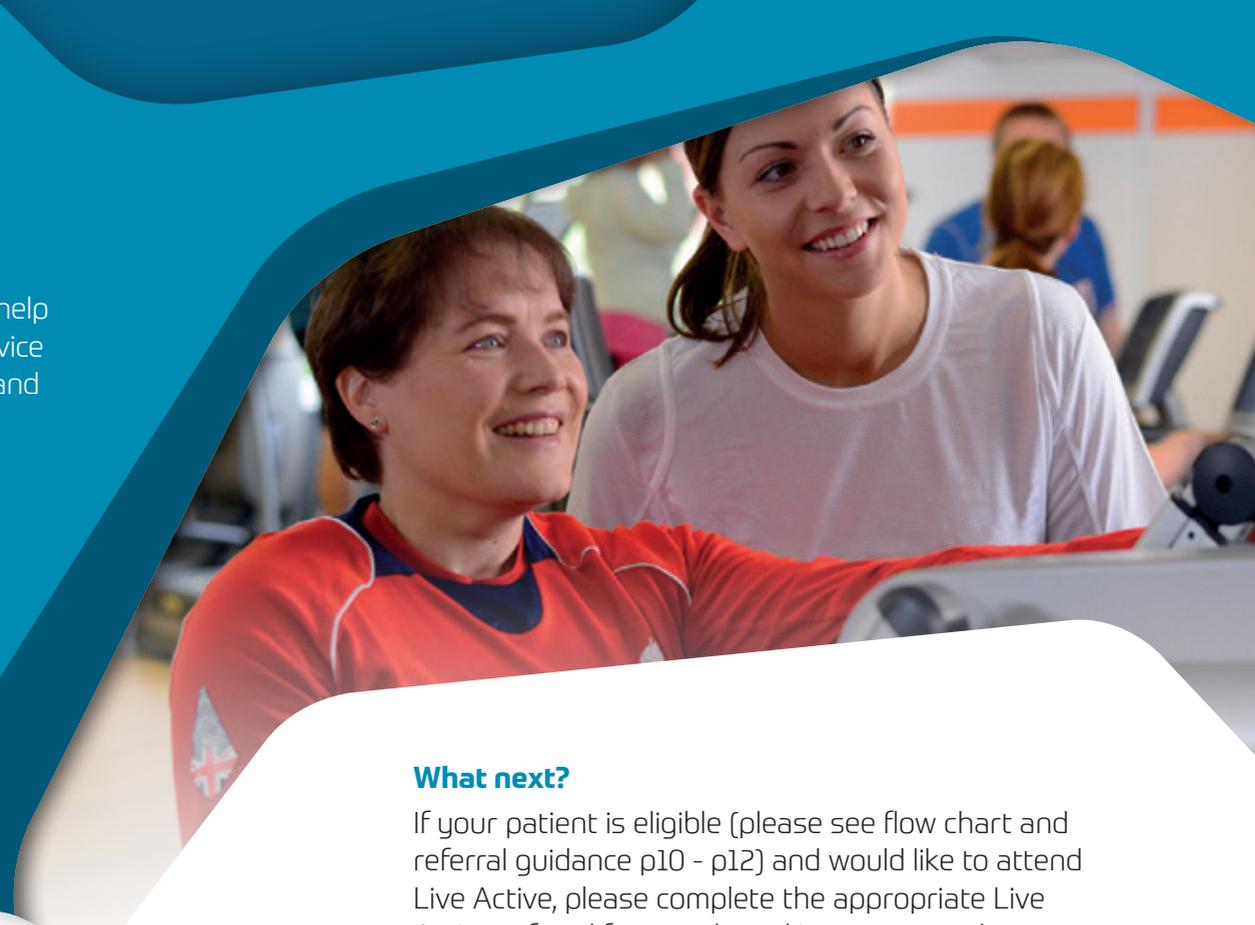
please call 0141 232 1860

Otherwise the Live Active Advisor will contact the patient upon receipt of the referral form.

www.nhs.gov.uk/physicalactivity

Key Fact

On average, an inactive person spends 38% more days in hospital than an active person, and has 5.5% more GP visits, 13% more specialist services and 12% more nurse visits than an active individual.



What next?

If your patient is eligible (please see flow chart and referral guidance p10 - p12) and would like to attend Live Active, please complete the appropriate Live Active referral form and send it on to your chosen Live Active site as found within your information pack OR complete the referral via SCI Gateway.

If you would like to book your patient in for their first appointment with the Live Active Advisor please call **0141 232 1860**. Otherwise the Live Active Advisor will contact the patient upon receipt of the referral form.

Cost

The Live Active one to one behavioural support is free and patients then pay for the activities they wish to take part in.

Your guide to Health Walks

Almost all patients can take part in Health Walks, so there's no referral form needed. Walks are easy, sociable and good fun, with a volunteer walk leader on hand to encourage participants to go at a pace they are comfortable with.

It's a great way for people to get out and about, enjoy the sights of their local parks and gardens and meet new people. No specialist equipment is required however, participants are asked to dress for the weather and wear appropriate and comfortable footwear.

Health walks are free and last up to 60minutes.

Where

There are over 75 Health Walks every week across the Greater Glasgow and Clyde area at various locations.

Key Fact

On average health professionals will see around 19 patients per day, the majority of which won't be doing enough physical activity to enjoy the health benefits.

That's over 2,000 patients per year and with one in four patients saying they would be more active if they were so advised by a doctor or nurse, think of the impact you could have by encouraging your patient to become more active

For more information
please call 0141 232 1860
www.nhs.uk/physicalactivity



What next?

There is no need for a formal referral. For further information about your local walks, please call **0141 232 1860**.

Cost

Nothing! All Health Walks are free to attend.

Your go to guide for Physical Activity

Help your patient choose the right programme for them*

Would your patient like one to one support to help them become more active?

NO

Here are your options for your patient

YES

Vitality

Vitality exercise classes have been specifically designed for people living with a range of medical conditions. There are a range of class levels available, meaning your patients can participate in a safe, comfortable and fun environment at a level appropriate to their needs, with the support from highly trained specialist staff.

All you need to do now is...

- Support your patient to complete the Vitality Suitability Questionnaire.
- Give your patient the Vitality Suitability Questionnaire so they can give it to the Instructor on their first visit.
- Inform your patient to call **0141 232 1860** and select Vitality to discuss which Vitality class is best for them, to find out class details and to book their place.

Please give patient "Are you thinking about becoming more active" leaflet.

Health Walks

Free, short, social, fun, accessible, low level walks led by trained volunteers.

Inform your patient to contact **0141 232 1860** and select Group Health Walks option or visit www.nhs.gov.uk/getactive for more information.

Please note – No referral form is required and there is no exclusion criteria for this programme.

Please give patient "Are you thinking about becoming more active" leaflet.

Local Authority Activity Opportunities

Your local authority provider has a range of activities available such as gym facilities, swimming and fitness classes.

Inform your patient to contact **0141 232 1860** and select General Physical Activity Options or visit www.nhs.gov.uk/getactive for more information.

Please give patient "Are you thinking about becoming more active" leaflet.

Live Active

At Live Active specially trained Advisors support your patient and help them meet their lifestyle goals. This 12 month programme of one-to-one consultations is tailored for each individual whether their goal is to become more active, undertake healthy eating, weight loss, or simply to live a more positive lifestyle.

All you need to do now is...

- Ensure your patient is currently inactive. If they are active please consider the other physical activity options offered in this pack.
- Ensure you have checked the referral guidance notes on p12.
- Complete appropriate referral form - for patients free from established heart disease please complete Referral Form A. For patients with established heart disease please complete Referral Form B.

- Send copy of referral form to your local Live Active Advisor.
- The Live Active Advisor will contact your patient when they receive the referral form but if you want to book your patients first appointment please call **0141 232 1860** and select Live Active option.

Please give patient "Are you thinking about becoming more active" leaflet.

SCI gateway referral process for Live Active has now launched - please follow referral guidance as detailed in SCI Gateway.

Referral Guidance

There are a number of contraindications to exercise including patients with unstable angina, blood pressure greater than or equal to 180/100 mmHg, symptomatic hypotension, poorly controlled diabetes, febrile illness or patients with a new cardiac event in the last 8 weeks or still awaiting cardiac investigations.

In these circumstances **PLEASE DO NOT REFER** to our programmes at this stage.

Further guidance can be found on the relevant forms as well as www.nhs.gov.uk/physicalactivity

* Programmes are only suitable for adults aged 16+



Still unsure? – Call 0141 232 1860
and select 'health professionals'
and we will provide further
assistance on choosing the right
programme for your patient.

References

- * Chief medical officer's guidelines 2011
- ** World Health Organization (2010) Global Recommendations on Physical Activity for Health.
- *** Allender S, Foster C, Scarborough P and Rayner M (2007) The burden of physical activity-related ill health in the UK. *Journal of Epidemiology and Community Health* 61: 344–348.



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