

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.nhsggc.org.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.nhsggc.org.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.
- 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.nhsggc.org.uk/physicalactivity

* Programmes are only suitable for adults aged 16+