

Are you looking to become more active?



Call 0141 232 1860,
visit www.nhsggc.scot/getactive
or speak to your health professional

There are lots of people just like you who are getting out, having fun and leading more active lives thanks to the activities and classes we offer across Greater Glasgow and Clyde.

With a range of activities in your local area, including health walks & specialist classes for people with medical conditions, there has never been a better time to become more active. Just call **0141 232 1860**, visit the website www.nhsggc.scot/getactive or speak to your health professional to find out which is best for you.

Even if you've not thought of getting active before there are lots of reasons why you should consider it:

- Helps you manage stress and gives you the feel good factor
- Can help you maintain your independence, keep your mind active and have a great social life
- It prevents and manages a range of health conditions
- Improves your sleep
- Helps you maintain a healthy weight

Please note – If Walking, Vitality or Live Active doesn't suit your needs your Local Authority provider has a range of activities available such as gym facilities, swimming and fitness classes. Call **0141 232 1860** and select General Physical Activity Options to find out more.

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“Since I joined Health Walks every Thursday has become the highlight of my week where we meet for a blether and a laugh.”

Marie, 64

Walking

Everyone can take part in our Health Walks. They're fun, there's no need for fancy equipment and they don't cost a penny.

It's a great first step to becoming more active. Our trained Health Walk leaders are on hand to make sure you go at a pace you are comfortable with. It's a great way of getting out, socialising and taking in the sights of your local parks and gardens.

Call **0141 232 1860** or visit www.nhsggc.scot/getactive to find out more. Alternatively, you can visit www.pathsforall.org.uk/health-walks to find your nearest walk easily by using your postcode.

Vitality

Exercise classes designed for people living with a range of medical conditions such as; Parkinson's, MS, stroke, cardiac conditions, osteoporosis, cognitive impairments and COPD, or if you have a fear of falling or find your strength and balance is impacting on your daily life.

Our supportive instructors will improve your confidence to join in, get active and lead a fuller, more independent life.

Call **0141 232 1860** and select Vitality option to discuss classes and book or visit www.nhsggc.scot/getactive.

Please note a small charge applies and varies by Local Authority.



“Vitality classes are great and easy to do. At 81 they keep me active and give me the energy I need to keep up with my great grandkids.”

Alex, 81

Live Active

If you're not currently active, unsure where to begin and would like support getting started, then Live Active is for you.

Through the support of our Live Active Advisors, we'll help build the confidence you need to make positive lifestyle changes. We'll work with you to develop a support package which is right for you, provide you with one-to-one catch-ups, supported activity sessions* and encourage you to set achievable goals, which will leave you feeling great and ensure you're getting the most out of life. Live Active advisors are with you every step of the way to help increase your activity levels.

If you would like to take part in Live Active please speak to your health professional who will complete a referral form and make arrangements to book you in for your free consultation.



The advisors at Live Active were fantastic. They really helped me find activities that I enjoyed and provided me with the encouragement to stay on track.

Aileen, 44

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* Fees apply for supported activity.