

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...

- Complete the following Vitality Contact form (www.nhsggc.scot/vitality-contact-form/) and someone from the Vitality team will be in contact with your patient

OR simply ask your patient to call **0141 232 1860** and select Vitality option to discuss the best class for them, find out costs and reserve their place.

- All new participants to the class will be required to complete a Vitality suitability questionnaire (like a PARQ) on their first visit. Alternatively, you can support them to complete this and give it to them so they can pass to the instructor on their first visit.

Optional – Please give patient “Are you thinking about becoming more active” leaflet or Your Go to Guide business card.

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.scot/getactive for more information.

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

Optional – Please give patient “Are you thinking about becoming more active” leaflet or Your Go to Guide business card.

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.scot/getactive for more information.

Optional – Please give patient “Are you thinking about becoming more active” leaflet or Your Go to Guide business card.

Live Active

At Live Active specially trained Advisors support your patient and help them meet their physical activity goals. This programme of one-to-one support is tailored for each individual whatever their goal.

All you need to do now is...

- Ensure your patient is currently inactive. If they are active please consider the other physical activity options.
- Ensure you have checked the **referral guidance notes**.
- Complete appropriate referral form - Referrals can be made via SCI or by completing the following referral form (please note that Referral Form B is for patients with a heart condition)
 - **Live Active Online Referral Form A**
 - **Live Active Online Referral Form B**
- The Live Active Advisor will contact your patient when they receive the referral form but if your patient has not heard anything within 4 weeks then please give your patient the Live Active telephone number - **0141 232 1860** and select Live Active option.

Optional – Please give patient “Are you thinking about becoming more active” leaflet or Your Go to Guide business card.

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.scot/physicalactivity/healthprofessional

* Programmes are only suitable for adults aged 16+