

Osteoarthritis: What can I do?

Physical Activity



MEDICAL CONDITIONS

Parkinson's, cardiac conditions, osteoporosis, cognitive impairment, COPD, MS, stroke

At the moment are you physically active (PA). At least 30 mins PA 5 x per week

YES **NO**

Can you remain active (walk, gardening) for 60 mins without taking a break?

NO

Do you have underlying medical conditions?

YES

NO

Can you remain active (walk, gardening) for 60 mins without taking a break?

NO

Is cost a barrier to you becoming PA?

YES

Is cost a barrier to you becoming PA?

YES

NO

Is cost a barrier to you becoming PA?

YES

NO

VITALITY EXERCISE CLASSES

HEALTHY WALKS

LIVE ACTIVE

Would you like additional information on what other services may be available in your authority?

GLASGOW

EAST DUNBARTONSHIRE

WEST DUNBARTONSHIRE

EAST RENFREWSHIRE

RENFREWSHIRE LEISURE

INVERCLYDE