



**"Fit for Health is fun as well as being beneficial to my health. Meeting others with similar health conditions has also helped my self-confidence."**

Helen, 77

### What happens after the programme?

At the end of the Fit for Health programme you should feel more confident taking part in physical activity with your health condition.

A member of our Active Communities team will discuss a range of options which meet your needs and allow you to continue to be physically active on a regular basis.

### About Edinburgh Leisure

Edinburgh Leisure is a charity dedicated to creating opportunities for people to live active, healthy lives.

Fit for Health is part of the Active Communities Programme that relies on fundraising to help get those most in need active.

### Contact

If you require any more information about Fit for Health, please contact a member of our Active Communities team on the details below:

**Tel: 0131 458 2260 Email: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)**

**Text 'ACTV17 £3' to 70070** to donate to Edinburgh Leisure's Active Communities' programmes and help improve lives through the power of physical activity.

[edinburghleisure.co.uk/support-us](http://edinburghleisure.co.uk/support-us)

Registered Scottish Charity No: SC027450

## Active Communities



# Fit for Health

## Physical Activity Programme

Supporting people with long term conditions to live better.

Working together for a caring, healthier, safer Edinburgh



# Edinburgh Leisure

The Biggest Club in Town

## What is Fit for Health?

Fit for Health is a 16 week physical activity referral programme delivered by Edinburgh Leisure, in partnership with the Edinburgh Health & Social Care Partnership, for people with long term health conditions. Classes are delivered within Edinburgh Leisure venues.

### Who is Fit for Health for?

This physical activity programme is for those aged 16+ who have a long term health condition (e.g. Cardiovascular Disease, Respiratory Disease, Heart Failure or Diabetes/Pre diabetes).

### How can I access Fit for Health?

Your health and social care professional will be able to advise if a referral to Fit for Health is suitable for you. If you are in agreement that you would benefit from this programme they will complete a referral form for you. A member of Edinburgh Leisure's Active Communities team will then contact you to invite you to your first session.

### How much does it cost?

Fit for Health classes are free to attend and each class will last one hour.

You will also receive an Edinburgh Leisure card which will give you 25% discount on admissions to our gym, fitness classes and swimming pools.

### What happens after I am referred to a Fit for Health session?

You will be invited to an informal 1-1 consultation, with a specialist health instructor prior to your Fit for Health class. At this consultation we will ask you to complete some functional fitness activities and discuss your goals to allow us to adapt activities to meet your needs and ability.



You will get to choose whether you attend studio based or gym based classes.

Studio classes consist of low level and low impact exercises which have been proven to benefit people who have long term health conditions. All exercises can be completed seated or standing depending on your ability or preference.

Gym based classes provide you with the opportunity

to be introduced to gym equipment. You will be given a personalised gym programme tailored to suit your health condition(s) and needs.

At your last session we will ask you to complete a questionnaire and some functional fitness activities to help us measure your progress.

### Who delivers the sessions?

All Fit for Health classes are delivered by an **accredited Level 4** Instructor who has completed specialist training.

### Carers

Carers are welcome to attend and assist if necessary however your health professional should note this on the referral form.