NEW programme out now!

ActiveStirling | health & wellbeing

Activeliving for life
Exercise referral scheme

activestirling.org.uk

01786 273505
Active living for life is an Exercise Referral Scheme run by Active Stirling. It is designed to help individuals with specific health conditions that are currently living an inactive lifestyle to become more active.

**What is an Exercise Referral Scheme?**
Exercise Referral Schemes are physical activity programmes targeted at individuals who currently live inactive lifestyles but whose health would benefit from increased levels of physical activity. Active living for life will provide opportunities for those individuals within the Stirling community to become more physically active by providing them with specialist professional advice, support, programming and instruction. This service combined with new state of the art technology will work towards encouraging individuals to increase their physical activity participation to meet the recommended levels so that physical activity becomes a tool for long term management and treatment of their health.

**What are the recommended levels of physical activity?**
The Chief Medical Officers for the UK published updated recommendations for physical activity in the report ‘Start Active, Stay Active’ in 2011. These recommendations give guidelines for the type, duration, and intensity of activity necessary to maintain a healthy lifestyle. The general recommendation for adults is to achieve 150 minutes of moderate physical activity each week. This can be broken down into smaller more manageable chunks such as:

- 5 x 30 minutes over the week (e.g.1 x 30 minute activity session on 5 different days)
- 15 x 10 minute over the week(e.g. 2 or 3 x 10 minute activity sessions everyday)

**What counts as physical activity?**
Physical activity is any movement of the body that requires an increase in the amount of energy being used. This can include formal forms of exercise such as aerobics classes, swimming and running but it also includes informal forms of movement such as gardening, walking to work and housework.

Most exercise referral schemes require participants to be active within a gym environment; Active living for life is different. Participants can get involved in physical activity in any setting they choose including gym activities, community activities and home based activities.

**What are the benefits of being more physically active?**
Increasing levels of physical activity can help to manage and treat numerous medical conditions whilst also preventing the development of further associated conditions. Conditions such as coronary heart disease, diabetes, high blood pressure, osteoporosis and arthritis can all benefit from increased levels of physical activity, whilst weight management and improved mood can also be achieved, through regular physical activity and a balanced diet.

**What are the benefits of joining Active living for life?**
As well as being the first positive step to increasing your physical activity levels, joining Active living for life will provide you with …..
Twelve weeks of professional, individualised, support, advice, instruction, guidance and encouragement to become more active

A personalised activity programme designed to suit your needs and your ability

Regular contact with your own qualified fitness instructor with a minimum of 4 appointments throughout the programme to discuss your individual programme and goals

Discounted access to Active Stirling leisure facilities

Information and advice on how to increase your physical activity levels within your daily routine

Coaching, advice and direction on how to maintain physical activity as an essential part of your lifestyle and what opportunities are available to you within your local community, to ensure that the changes last beyond the twelve week programme

Ability to attend classes that are available only to members of the Active living for life scheme

Are you eligible for the Active living for life programme?

Are you......

Age 16 years or over?

Currently not managing to achieve the recommended 150 minutes a week of physical activity, and have not done so for the last 6 months?

Suffering from a diagnosed medical condition?

Not currently a member of any Active Stirling leisure facilities?

If you answered yes to all three questions then you may be eligible for the Active living for life programme.

What happens next?

Once referred by your GP, Practice Nurse or another Health Care professional (who has full access to your medical records) your referral form will be sent to the Active Living for Life Coordinator. Your referral form will be reviewed to ensure that you are eligible for the programme and that all necessary details and information have been provided.

Once the referral form has been processed the coordinator will contact you to arrange an initial consultation at The Peak, with your personal fitness instructor. The initial consultation will be an opportunity for you and your instructor to discuss your current health and activity levels as well as any queries you may have about the programme. **You will not be required to do any physical activity at this meeting.**

Following the initial consultation your instructor will arrange a follow up meeting for 7-10 day's time. This will be the start point for your 12 week physical activity programme.

We make every effort to make this scheme as accessible and inclusive as possible. Should you wish to discuss any barriers to participation with staff then please get in touch on the number below.
Referral scheme journey

**Patient referral sent to ERS Coordinator** – The initial referral can be sent from any approved referral source

ERS Coordinator contacts patient and books appointment at The PEAK

Initial consultation

Start point consultation

3 week review (optional)

Mid-point review

9 week review (optional)

12 week completion review

Clients are entitled to low cost use of Active Stirling facilities (whilst on the programme)

**Concessionary membership**
- The PEAK ALL IN membership
- The ALL IN Communities membership which includes Raploch Community Campus, Stirling, Bannockburn and Wallace High Schools and community venues

Older Adults Physical Activity programme

Referred back to health care professional

Forwarded to follow on programme

**Quarterly review**: Focus group session to discuss individual experience
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Monday</td>
<td>2.30pm–3.15pm</td>
<td>Fit for life</td>
<td>PEAK–Studio 1</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2.15pm – 2.45pm</td>
<td>OTAGO</td>
<td>PEAK–Studio 1</td>
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<td>2.45pm – 3.15pm</td>
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<td>PEAK–Studio 1</td>
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<tr>
<td>Wednesday</td>
<td>1.20pm–1.50pm</td>
<td>Stretch &amp; flex</td>
<td>PEAK–Studio 1</td>
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<tr>
<td></td>
<td>2.00pm–2.45pm</td>
<td>Fit for life</td>
<td>PEAK–Studio 1</td>
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<tr>
<td>Thursday</td>
<td>12.00pm–12.45pm</td>
<td>GP Aqua</td>
<td>PEAK–Pool</td>
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<td>Friday</td>
<td>2.00pm–2.30pm</td>
<td>OTAGO</td>
<td>Forthbank</td>
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Active living for life membership options:

<table>
<thead>
<tr>
<th>Membership</th>
<th>Includes</th>
<th>Cost</th>
<th>Cost per session</th>
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| Active living for life – 12 week full membership | 12 weeks full access to  
• The PEAK ALL IN membership – enjoy unlimited use of swim, gym, fitness classes, skate, climb and play  
• The ALL IN communities membership which provides swim, gym, fitness classes and exercise across the Stirling area including Raploch Community Campus, Stirling, Bannockburn and Wallace High Schools and community venues  
• Access to the Stirling walking network | £50.00 | N/A              |
| Active living for life – 12 week pay as you go membership | 12 weeks reduced cost entry to  
• The PEAK ALL IN membership – enjoy unlimited use of swim, gym, fitness classes, skate, climb and play  
• The ALL IN communities membership which provides swim, gym, fitness classes and exercise across the Stirling area including Raploch Community Campus, Stirling, Bannockburn and Wallace High Schools and community venues  
• Access to the Stirling walking network | £20.00 | £2.00            |

Terms and conditions.
1. All membership fees must be paid at the initial consultation, prior to commencing the 12 week programme.
2. Memberships will be active for 12 weeks, starting from the date of the initial consultation, in which time all scheduled appointments must be completed. Extended memberships are at the discretion of the Active Living for Life Coordinator.
3. Active living for life 12 week full membership entitles the user to access the gym/swim/classes at any of the Active Stirling facilities. It also entitles the user to access any of the health walks organised by the Stirling walking network.
4. Active living for life pay as you go membership entitles the user to reduced entry fees for gym/swim/classes at any of the Active Stirling facilities. It also entitles the user to access any of the health walks organised by the Stirling walking network.
5. Active Stirling/PEAK cards will be issued to all members and must be used to gain entry every time a visit is made. Members must also abide by all Active Stirling’s terms and conditions.
6. Participants, who choose to cease participation in the Active living for life programme, prior to the completion consultation, must inform the Active Living for Life Coordinator in writing.
7. Active living for life memberships can be paused if continued participation is deemed unsafe by a health care professional. The membership will be extended for a maximum of 6 months from the date of confirmation from the diagnosing health care professional at the discretion of the Active Living for Life coordinator.

Contact Details

Active Living for Life Coordinator
The PEAK, Stirling Sports Village, Forthside Way  Stirling  FK8 1QZ
T: 01786 273505
E: wilkied@activestirling.org.uk
W: activestirling.org.uk or thepeakstirling.org.uk

1139/Active Living For Life