



Fit for Health

Physical Activity Programme



Lothian

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Registered Scottish Charity No: SC027450



“Following a long term diagnosis, some people feel vulnerable and without help. This class encourages a positive recovery and provides optimism for the future as opposed to worry.”

Hamish

Fit for Health is a 12 week physical activity referral programme delivered by Edinburgh Leisure in partnership with NHS Lothian for people with long term health conditions. Classes are delivered across various 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).

How can I access Fit for Health?

Your health professional will be able to decide whether or not you are suitable for Fit for Health. If they think you are, they will complete a referral form and send it to the programme coordinator at Edinburgh Leisure. They will contact you to invite you to your nearest class.

How much does it cost?

Weekly classes will last 1 hour and will be free to attend for 12 weeks.

What happens at a Fit for Health session?

Initially you will be booked in for a 1:1 with a specialist instructor to determine your level of fitness. Classes will be held in a studio or gym and consist of exercises which have been proven to benefit people with long term health conditions. The instructor will be able to recommend which class will be appropriate for you. In the first and last class you will complete some activities and questionnaires to help measure your progress.

Who delivers the sessions?

Sessions will be delivered by an accredited REPS 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.



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.

Edinburgh Leisure will provide a range of options for you to continue your physical activity journey which could include further supported sessions.



Using a smartphone, scan this QR code to visit the Fit for Health web page.

If you require any further information about Fit for Health, please do not hesitate to contact the Fit for Health Coordinator on the contact details below:

Fit for Health Development Officer, Edinburgh Leisure,
Vantage Point, 3 Cultins Road, Edinburgh EH11 4DF
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