

WEST LOTHIAN LEISURE PHYSICAL ACTIVITY PATHWAYS

West Lothian Leisure's Health & Wellbeing programme is funded through West Lothian Health & Social Care partnership Primary Care Team. The programme is designed to support people living with a long term condition to get active to better manage their condition.

ELIGIBILITY CRITERIA

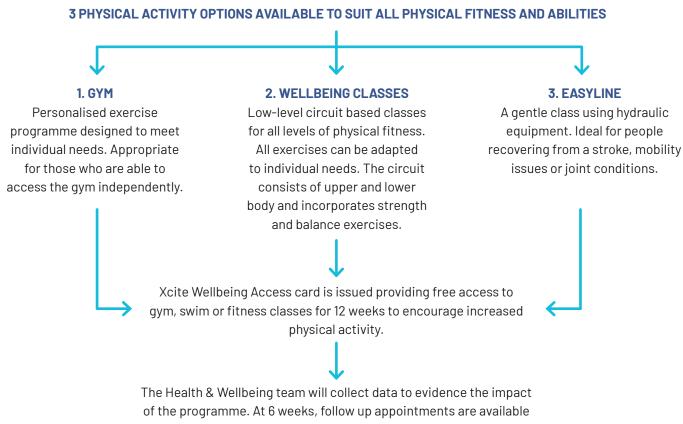
Referrals must meet the following criteria

- · Living with a long term condition where physical activity would be beneficial
- · Stable and managed health condition
- · Referrals must be residents of West Lothian
- · Not be an existing member of Xcite
- Referrals can be made by a range of Health Professionals and Link Workers

PHYSICAL ACTIVITY JOURNEY

Referral emailed to wellbeingreferral@westlothianleisure.com

H&W call or send a letter to referral notifying appointments available and to get in touch to book in



to review gym programmes or signpost to alternative activities.



On completion of the programme, Health & Wellbeing Advisors will recommend next steps and the opportunity to sign up to Xcite Wellbeing Membership.