

## 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](mailto:wellbeingreferral@westlothianleisure.com)

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

### 3 PHYSICAL ACTIVITY OPTIONS AVAILABLE TO SUIT ALL PHYSICAL FITNESS AND ABILITIES

