



ACTIVE COMMUNITIES

Fit for Health

What is Fit for Health

Fit for Health is a physical activity referral programme delivered by Edinburgh Leisure and funded by the Edinburgh Health & Social Care Partnership. The programme is for people aged over 16 years who are living with one or more of the following long-term health conditions:

Cardiovascular Disease
Diabetes/Pre-diabetes
Respiratory Disease

Heart Failure
Liver Disease
Cancer

Arthritis
Chronic Pain

What does the Fit for Health programme look like?

Fit for Health is a 16-week programme where studio and gym-based classes are designed to meet a wide range of fitness levels and individual ability. All Fit for Health classes are delivered by an accredited instructor.

At your first and last sessions you will be asked to complete a simple physical assessment (either a 6-minute walk test or a 1-minute sit to stand test), to help us track your progress.

Carers are welcome to attend to support you if necessary, however this should be noted on your referral form.

How much does it cost?

Fit for Health classes are free for participants with referrals.

How can I access Fit for Health?

If you think Fit for Health could help you, please speak to your health professional who can advise on its suitability for you and make a referral on your behalf.

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

You will receive a text advising you that we have received a referral for you and that you have been placed on our waiting list. When a space becomes available, a member of our Active Communities Team will contact you.

About Edinburgh Leisure

Edinburgh Leisure is a charity dedicated to creating opportunities for people to live active, healthy lives. Fit for Health sits within our Active Communities programme, which relies on fundraising to help those most in need get and stay active.

Contact

If you require further information about Fit for Health, please visit our website www.edinburghleisure.co.uk/fit-for-health or contact a member of our Active Communities team by email active@edinburghleisure.co.uk or by phone **0131 458 2260**



Text 'ACTIVE3' to 70480 to donate £3*

to support local people through our Active Communities programme, to be active and improve their health, wellbeing and quality of life.