

# Fit for Health

## Information for Health Professionals

**Fit for Health is a physical activity programme delivered by Edinburgh Leisure in partnership with Edinburgh Health and Social Care partnership**

**Patients must be registered with an Edinburgh GP Practice, aged 16+ and be safe, able and motivated to exercise**

You can refer patients who meet one or more of the following health conditions:

<p><b>Cardiovascular Disease</b></p> <p>Peripheral Artery Disease; Coronary Artery Disease; high Blood Pressure (stable and medicated); high Cholesterol (medicated); previous MI (6 months post event or completion of cardiac rehabilitation)</p>	<p><b>Respiratory Disease</b></p> <p>Stable COPD (not during exacerbation); controlled Asthma; Other stable long term respiratory diseases</p>
<p><b>Diabetes &amp; Pre Diabetes</b></p> <p>Type 1 &amp; Type 2 (stable and controlled) At risk of developing Diabetes (referrer to base this on knowledge of the individual’s risk factors)</p>	<p><b>Heart Failure</b></p>
<p><b>Chronic Pain Management</b></p> <p>Chronic Pain (i.e. lasting for 1 year + ) for which exercise could have a beneficial impact on physical and/or psychological functioning</p>	<p><b>Liver Disease</b></p> <p>Non-alcoholic fatty liver tissue disease, and other chronic liver conditions whereby improved physical activity could improve psychological and /or psychological functioning</p>

# Fit for Health

## Cancer

Before, during and up to 5 years post treatment; stable and controlled cardiac & respiratory conditions; no reports of black outs or drop attacks; no unstable or acute neurological condition

Precautions – recent surgery (within the last 12 weeks); Bony metastasis; Peripheral Neuropathy; Osteoporosis; Avascular Necrosis; Balance problems; Impaired cognition limiting the ability to follow simple instructions

## Arthritis

Any arthritic condition for which exercise supports rehabilitation, improved conditioning and increased ability to self manage e.g. osteoarthritis

## How do I refer a patient?

- Provide the patient with Fit the Health information leaflet
- Complete a Fit for Health referral form available electronically or via REfHelp and email: [Lothian.active@nhs.net](mailto:Lothian.active@nhs.net)
- If you have any questions, please contact: Long Term Conditions Development Officer 0131 458 2260 or email [Lothian.active@nhs.net](mailto:Lothian.active@nhs.net)

## Who is not eligible?

- Patients on medication with side effects that may be impacted by physical activity
- Any unstable condition which could be negatively exacerbated by participation
- Cognitive impairment or mental health problems to a degree which makes participation significantly difficult
- Patients with learning difficulties which impacts in their ability to participate (carers are welcome to support)
- Obesity only (should be referred via Weight Management pathway)

Working together for a caring,  
healthier, safer Edinburgh

