

You have been referred to take part in a physical activity programme which aims to help you improve your mental well being.

A programme will be developed to suit your lifestyle and needs, and can incorporate different forms of physical activity. Your options include, but are not limited to, walking, swimming, gardening, gym and fitness classes

Walking

- Friendly and supportive Walk Leaders
- Health walks to suit all levels

Gym

- Dedicated, friendly and supportive gym staff
- 3 stage introduction to the gym
- Exercise programme tailored to your preferences

Swim

- Introduction to your dedicated swim co-ordinator
- 3 one to one swim sessions with your swim co-ordinator

Fitness Classes

- Wide range of classes available, from low impact such as 'Tums, Bums and Thighs' or 'Body Vive' to more intense classes such as 'Body Pump'
- Informative instructors to advise on the range of classes and levels to suit your exercise needs

Once referred into the programme our Healthy Active Minds Instructor will contact you to arrange a personal consultation with to discuss your preferred physical activities and goals. The instructor will then create a 12 week physical activity programme to meet your requirements.

To support you in your new active routine you will receive your own leisure card which will be valid for 9 months from the date of issue. When this card is presented at Edinburgh Leisure facilities there will be no cost for the first 3 months at 'off peak'* times, following which a gym/swim or a fitness class at off peak times will cost you £1.

* Off peak membership is valid Mon – Fri until 4pm, all day Saturday and Sunday
Leisure Card prices will apply at peak times (Mon – Fri after 4pm)

Some activities including walking, gym and swim, will be free however other activities may incur a small fee.

If you would like to discuss any part of this project or your referral in more detail please contact the project co-ordinator, Claire Ferry on 0131 458 2188 or at claireferry@edinburghleisure.co.uk