

## **Active for Life**

This physical activity scheme is offered at five participating Dundee City Council Leisure centres. A person can be referred by someone who has received training on this scheme (provided by Health Promotion dept).

### **Criteria for referral**

#### **Inclusion**

Age 16+  
Smoker  
Overweight/poor diet  
Family history of heart disease/diabetes  
Stress  
Insomnia  
Mild depression/anxiety  
Back pain  
Breathlessness on mild/moderate exertion  
Mild hypertension (upper limit 180/105)  
Arthritis

#### **Exclusion**

Attending a cardiac/pulmonary rehabilitation exercise referral scheme or chronic back pain/shoulder problem clinics at physiotherapy  
Cardiovascular disease including angina  
Unstable/severe hypertension  
Poorly controlled diabetes  
Poorly controlled asthma  
Severe obstructive disease

The referral process is as follows:

- Referral card completed by referrer and issued to person
- Person contacts desired leisure centre (Olympia Leisure Centre, Douglas Sports Centre, Kirkton Community Centre, Lochee Leisure Centre or Dundee International Sports Complex) to arrange appointment with physical activity consultant.
- Initial consultation will incorporate a fitness evaluation, which enables an appropriate course of activity to be recommended.
- Person is issued with attendance card to monitor attendance and type of activity.
- A physical activity card is issued which is designed to show improvements in fitness level throughout the twelve week programme. This information is used to complete report sent to referrer.
- Each visit costs £1. On completion of the twelve week programme, a person wishing to continue can use facilities for further 12 weeks at £1.50 per visit.
- Person is followed (with permission) at 6months via telephone to motivate and maintain programme.