



**HEALTH &
FITNESS**
LIVE BORDERS

LIVE BORDERS health PROGRAMME

**Are you living with a long-term
health condition?**

**We can help you become
healthier, happier
and stronger...**

www.liveborders.org.uk   

NHS
Borders

 **Scottish
Borders
COUNCIL**



How could the Live Borders Exercise Referral Health Programme help you?

- **Embrace a new healthy lifestyle**
- **Enable you to take back control**
- **Improve your quality of life**
- **Improve your overall health and wellbeing**

Once you have been referred by your GP, Physio, or other Health Care professional, you will be contacted by one of our qualified members of staff. We will ask you a few questions, listen to what you have to say and then support you in making physical activity part of your life.

It does not matter if you have never been a particularly active person. We have options for all preferences and abilities.

Speak to your Health Care professional if you think this programme is for you and you would like to be referred.



What are your options?

Activity Referral Membership

For those who are mobile, can exercise independently and are able to follow a structured exercise programme. This is an all-inclusive membership (gym, swim and classes) which covers all Live Borders facilities. Gym inductions and programmes will be provided during your first session which are reviewed and updated regularly.

Health Conditions Classes

Moderate level class for people with any long-term health condition. This can take place within a closed studio or gym environment and includes exercises/routines to suit each individual. We also run a variety of condition specific classes, please contact Live Borders for more information.

Older Adults

Low impact exercise classes to support everyday life, with options to meet varying levels of fitness, ability and mobility.

Gentle Movement

Slow relaxing classes, focusing on breathing awareness and improving mobility and flexibility.

Walking

A low-level outdoor activity, walking is a great way to socialise and stay healthy.

Costs

ACTIVITY OPTION	PRICE
Activity Referral Membership All-inclusive membership	£23.50 per 4 weeks (max of 24 weeks – 6 subscriptions)
Health Conditions Class	£4.50 per class
Older Adults	£4.50 per class
Gentle Movement	£2.50 per class
Health Walks	FREE
Weight Management Programme	FREE*

Your first session is free to give you a taste of what is available.

* Referral via Borders Weight Management Team, see website for more details.

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**For further information
please contact us**

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