

Live Borders Exercise Referral Programme

LIVE
BORDERS
**FITNESS
& HEALTH**



LIVE BORDERS MELROSE ROAD, GALASHIELS TD1 2DU
T: 01896 661166 | E: enquiries@liveborders.org.uk



www.liveborders.org.uk    

Registration No SC243577 | Registered Charity No SC034227

What could the Live Borders Exercise Referral Programme offer you?

- The chance to develop confidence
- Embrace a new healthy lifestyle
- Improve your quality of life
- Weight management
- Improved mood

Many people are living with health conditions such as diabetes, heart disease or high blood pressure. This means keeping yourself active and healthy is sometimes more challenging.

If you are currently living a less active lifestyle, you could see massive differences in your wellbeing by increasing your levels of physical activity. Live Borders provide opportunities for the Scottish Borders area to become more physically active by providing specialist advice, support, programming and instruction. This allows you to use physical activity as a long term tool towards achieving a healthy lifestyle.

What the programme offers

- **Health Condition Classes** – Group classes ranging from seated exercises (level one), to energetic circuit routines (level 4). Designed for individuals who need support when exercising.
- **Activity Referral Membership** (12 weeks)
– All-inclusive membership which gives you access to all Live Borders Centres* (Gym, Pool, Classes) For individuals who can exercise independently. Personalised programme on your first visit.
- **Stedi** – Exercise class for those with balance issues. Suitable for anyone who has experienced a fall or is likely to fall in the future.

*Excluding TriFitness





Are you eligible for the programme:

- Aged 16 years or over?
- Currently not managing to achieve the weekly recommended 150 minutes of moderate exercise
- Suffering from any known health condition

Then you may be eligible for the Live Borders Referral Programme

What Happens next -

To enrol in the programme, you first need to be referred by a known health care professional this can be a GP, Physio, Occupational Therapist, Nurse, Lifestyle advisor etc. Once you have been referred by a health care professional. Your form will then be sent to our Health & Physical Activity Development Officer. This will then be reviewed to make sure all the relevant information has been provided and that you are eligible for our programme.

After this has been processed we will contact you and discuss the most appropriate pathway for yourself. This will be a chance for you to ask any questions about the programme. You will then be booked into a relevant class with one of our health instructors which is the start of your own lifestyle change.

Pathway

"If someone had told me 3 months ago that I would be going to the gym I would have laughed them out the building. I used to think exercise was boring but it is actually quite fun. I feel better now than I have felt in years and a lot fitter".

Activity Referral Membership

"Exercise has given me a burst of energy, I am now able to get more done and I am sleeping better. I was also able to run to catch the bus to the cinema and make it the other day! I couldn't have done that before!"

Activity Referral Membership

"I was originally referred in to help my detreating mobility which has improved massively. However, it's help other areas of my life; I've lost weight, gained confidence, met new people through the leisure centres & it also helped keep my brain working. I really would encourage people to get on board with his scheme as it has so many different benefits."

Active Ageing

"The exercise has helped my balance which has prevented me from falling so often. It really keeps me going". Steadi

"It has really benefitted me and completely changed my attitude to life. I now wish I had done it years ago as it has really boost my self-confidence. It has also given me the confidence to interact with others in a public setting".

Steady

Live Borders Referral Programme Options:

All of our classes and membership options have been heavily discounted compared to our mainstream prices. You will continue to receive various discounts if you remain in the programme.

Referral Type	Description	Cost	Duration
Health Condition	Tiered exercise class (L1-4)	£3.50	Unlimited
Steady	Falls Prevention Class for those with balance issues.	£3.50	Unlimited
Activity Referral Membership	Independently exercising – all-inclusive membership	£23.00 Per 4 Weeks	12 weeks' total (3 subscriptions)
Mainstream DD memberships	Option for all Health Referrals – Concession memberships & No Joining Fee	Various	Various Options

Contact details

Paul Davis | Health & Physical Development Officer | St Mary's Mill Selkirk | TD7 5EW |
pdavis@liveborders.org.uk | 07458040481