

BE ACTIVE...
live well



If you're living with or at risk of developing a long-term condition, recovering from illness or injury or simply looking for support to become more active, "Be Active...Live Well" can support you in using physical activity to improve your health and wellbeing.

Activities on our programme include:

- Active Start Referral Programme
- Stay Active Exercise Classes
- Health Walks



ACTIVE START

This 12-week programme is designed to build confidence in being active and increase your awareness of how physical activity and other lifestyle changes can help to self-manage or prevent a long-term condition. Our specialist team will work with you during the 12 weeks and upon completion will support you to find the right activities for you.



STAY ACTIVE

A range of classes led by our specialist team, graded to encourage your progression over time. Classes are suitable for Active Start graduates, or, if you are living with a health condition and already active but looking for a suitable activity for your needs.

CLASSES INCLUDE



Seated Yoga

chair based yoga class using gentle moves and breathing exercises



Strength & Balance

low intensity class designed to improve your overall fitness and balance



Seated Exercise

chair based exercise to music class



Circuits

a mix of cardiovascular and resistance exercises, designed to improve your overall fitness



Gym

closed, supervised, gym session with an initial programme provided

HEALTH WALKS

Health walks are short, free, low-level walks which can help you build confidence in walking, connect with nature and make new friends.



As part of Healthy Steps Angus, we have walks starting from our leisure facilities which offer a short introductory level walk to complement our other Be Active...Live Well classes.

How to Refer

To access Be Active...Live Well activities, a referral form must be submitted.

This can either be done as a self-referral, or by your Health Care Professional who can directly refer you.

Just scan the QR code to access the form, or visit: anguslive.scot/sport-leisure/be-active-live-well





**If you have any questions about the
Be Active...Live Well programme,
you can contact us at
BeActiveLiveWell@angusalive.scot
or call 01307 492059**

