

How Do I Become Involved?

For people with cardiac, stroke or complex medical history a health professional can refer you by completing an Exercise Referral form eg GP, Specialist Physiotherapist. The form is then emailed or posted to the South Ayrshire Council Health & Fitness Team and a member of the Team will give you a call and invite you to an assessment prior to joining a class.

If you do not have any of the medical history shown above you can self refer or be referred through a voucher scheme by a health or social care professional e.g. doctor, practice nurse, physiotherapist, community link practitioner. To make an appointment, or for more information call the contact telephone number below. You will be invited to come along for an assessment prior to joining a class.

Health and Fitness Team

E: activityforhealth@south-ayrshire.gov.uk

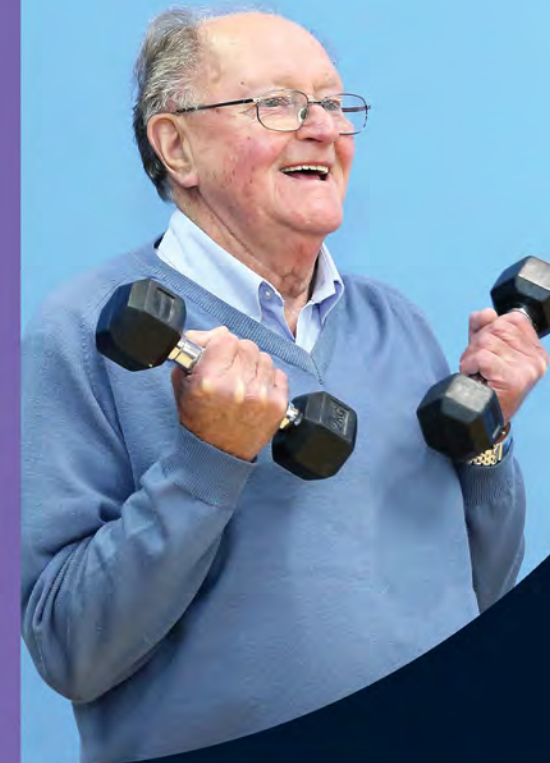
W: www.south-ayrshire.gov.uk/leisure

T: 01292 269793



Invigor8

Falls prevention and balance programme



HARP

Activities for people with health conditions

Activity for Health

Exercise and activities to improve health



Weigh to Go

Healthy weight programme



Invigor8

Exercise classes designed for those 60 and over to improve mobility, strength and balance and help reduce the risk of falls. Classes are led by highly trained and experienced South Ayrshire Council, Health and Fitness instructors. Invigor8 is suitable for people feeling fearful of falls, feeling unstable on their feet, who have had a previous fall or with osteoporosis.

Help build and maintain 8 core components:

- Balance
- Strength
- Flexibility
- Endurance
- Floor work Getting down to the floor and back up
- Adapted Tai Chi
- Confidence building

Health Walks

Come and join the weekly coastal, river and local town walks. Everyone welcome and all walks are free.



Activity for Health

Working in conjunction with NHS colleagues, the programme assists people to become more active and promotes the benefits of an active lifestyle.



HARP

Working in conjunction with NHS colleagues, the programme assists people with heart, stroke, cancer, lung or diabetic medical history to become more active and join classes, gym or swim.

Classes are led by highly trained and experienced South Ayrshire Council, Health and Fitness instructors.

Weigh To Go

Are you interested in improving your health and losing weight? A programme to manage your weight that includes:

- Exercise sessions (1hr)
- Education sessions (45mins)
- Health checks
- Weigh-ins
- Ongoing support continues for up to one year and will equip you with the tools to maintain a healthy weight

