







Self-help resources and community-based services for physical activity

Visit the websites or scan the QR codes below using your camera on your phone.


Edinburgh



Ageing Well – Edinburgh Leisure Edinburgh Leisure and NHS Lothian's Ageing Well Project offers subsidised city-wide activities that encourage active living and socialisations for older adults. www.edinburghleisure.co.uk/activities/active-communities/ageing-well	
Back Care Lothian Warm water gentle exercise can be beneficial for acute and chronic back pain and other conditions: www.backcarelothian.org.uk	
ithrive – Mental Health Physical activity information: www.ithriveedinburgh.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/physical-activity Mental health and wellbeing information: www.ithriveedinburgh.org.uk	

Midlothian




Ageing Well – Midlothian www.midspace.co.uk/services/ageing-well-midlothian-midlothian-health-and-social-care-partnership/	
Midspace A list of activities in your local area. www.midspace.co.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/physical-activity/	
Mental Health Support Midlothian Mental Health & Wellbeing Information: www.midspace.co.uk	

East Lothian





Ageing Well – East Lothian Opportunities to meet others and lead a healthy lifestyle in your local area. www.eastspace.org.uk/services/ageing-well-east-lothian-east-lothian-council-and-nhs-lothian	
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Eastspace A list of walks in and around East Lothian www.eastspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/green-spaces	
Mental Health Support East Lothian mental health & wellbeing information www.eastspace.org.uk	

West Lothian

Ageing Well – West Lothian Opportunities to meet others and lead a healthy lifestyle in your local area. www.westlothianleisure.com/healthy-communities/xcite-ageing-well/	
Westspace A list of physical activity resources for people living in West Lothian. www.westspace.org.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/physical-activity	
Mental Health Support West Lothian mental health and wellbeing information www.westspace.org.uk	







Other Websites

Health Walks Health walks are low level, accessible, short group walks that are free to attend, led by trained walk leaders. Search by your area or postcode. www.pathsforall.org.uk/walking-for-health/health-walks	
Weight Management Programme – NHS Inform Information around how much activity it takes to balance your energy in and out and different ways to get more active. www.nhsinform.scot/healthy-living/12-week-weight-management-programme/week-6/	
5 ways to sneak exercise into your day – British Heart Foundation www.bhf.org.uk/information-support/heart-matters-magazine/activity/ways-to-sneak-exercise-into-your-day	
How to get active indoors – British Heart Foundation www.bhf.org.uk/information-support/heart-matters-magazine/activity/get-active-indoors	


<p>Fitness advice for wheelchair users - NHS</p> <p>www.nhs.uk/live-well/exercise/wheelchair-users-fitness-advice/</p>	
<p>Seated Online Classes</p> <p>For anyone with limited mobility or an injury that prevents them from standing to exercise. Make some space, find a comfortable upright chair and choose from sessions including seated workouts, Pilates, Move It or Lose it and chair-based Salsa Fit.</p> <p>www.virtualvillagehall.royalvoluntaryservice.org.uk/exercise-and-dance/seated-classes?page=1</p>	

Exercising with health conditions

<p>Lower Back Pain</p> <p>www.bhf.org.uk/information-support/heart-matters-magazine/activity/exercises-for-lower-back-pain</p>	
<p>Shortness of Breath</p> <p>www.bhf.org.uk/information-support/heart-matters-magazine/activity/how-to-exercise-with-shortness-of-breath</p>	
<p>Arthritis</p> <p>Versus Arthritis website: www.versusarthritis.org</p> <p>Keep Moving booklet: www.versusarthritis.org/media/23930/keep-moving-information-booklet.pdf</p> <p>Exercise booklet: www.versusarthritis.org/media/23932/keep-moving-poster.pdf</p>	  
<p>Functional Neurological Disorder (FND)</p> <p>www.neurosymbols.org/en/treatment/physiotherapy-exercise</p>	
<p>Chronic Obstructive Pulmonary Disease (COPD)</p> <p>www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/</p>	

<p>Heart Conditions</p> <p>Exercise Advice: www.bhf.org.uk/information-support/heart-matters-magazine/activity/finding-safe-exercise-limits</p> <p>Angina: www.bhf.org.uk/information-support/heart-matters-magazine/activity/exercising-with-a-heart-condition/exercising-with-angina</p> <p>Heart Failure: www.bhf.org.uk/information-support/heart-matters-magazine/activity/exercise-for-heart-failure</p>	  
<p>Multiple Sclerosis (MS)</p> <p>Staying active: www.mssociety.org.uk/living-with-ms/physical-and-mental-health/staying-active</p> <p>NHS Information: www.nhs.uk/conditions/multiple-sclerosis/</p>	 
<p>High Blood Pressure</p> <p>www.bhf.org.uk/information-support/heart-matters-magazine/research/blood-pressure/blood-pressure-tips</p>	

Apps

<p>Couch to 5k - NHS</p> <p>The couch to 5k App slowly builds up your stamina over the course of 9 weeks encouraging you to get up from the sofa and get moving:</p> <p>www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k</p>	
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Books

<p>The Power of Habit</p>	<p>Charles Duhigg</p>
<p>Built to Move</p> <p>The 10 essential habits that will help you live a longer, healthier life</p>	<p>Kelly Starrett & Juliet Starrett</p>
<p>Exercised</p> <p>The science of physical activity, rest, and health</p>	<p>Daniel Lieberman</p>

You might be able to find second hand or electronic copies of these books at a lower price. Public libraries are usually another good source, and some GP practices have 'book prescribing' or 'healthy reading' schemes.

