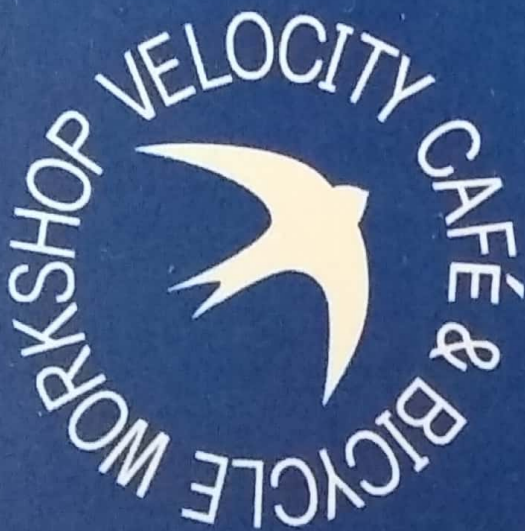




Active Health

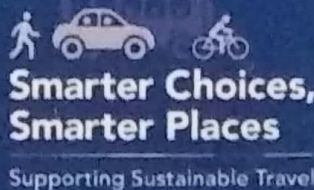
A Velocity Project

Working in partnership
with GPs to increase
physical activity



Velocity is a social enterprise which promotes healthy happy lifestyle through cycling & increased activity.

The Active Health project aims to support people to become more active as a way of improving health & wellbeing.



Who is Active Health for?

Anyone registered with participating GP practices who would benefit from being more physically active. People from participating GP practices can self refer (just ask at the reception of your GP) or be referred by your GP. You will need to sign your consent for your name, birthdate and contact details to be shared by your GP with the Active Health link workers.

Participating GP surgeries are:

Cairn, Aviemore & Southside Medical Practices

Active Health Link Workers will:

- Meet with you to discuss motivation, interests, challenges & hopes
- Help you set goals & form an activity plan if appropriate
- Facilitate introductions to other agencies & organisations who deliver activity based services
- Collect data to monitor the impact of the project

For more information:

Phone: 07564 166897

Email: high-uhb.activehealthproject@nhs.net

www.velocitylove.co.uk/active-health

Funded by Smarter Choices Smarter Places
Working in partnership with NHS Highland

