

Tips to Get You Started

- Some activity is better than nothing.
- Spend less time sitting and more time moving
- Take the stairs instead of the lift
- Leave the car for short journeys
- Rest when you need to
- Be proud of small achievements every step counts

Useful Websites

- www.west-dunbarton.gov.uk/wdleisure/
- www.activescotland.org.uk
- www.takelifeon.co.uk
- www.pathsforall.org.uk

Contacts

- Vale of Leven Swimming Pool, Alexandria
01389 756931
- The Meadow Sports Centre, Dumbarton
01389 734094
- The Play Drome, Clydebank
0141 951 4321
- West Dunbartonshire Leisure Admin
01389 757806
leisureservicesadmin@west-dunbarton.gov.uk

Let's Get Active

A Guide to Physical Activity Opportunities in West Dunbartonshire



Physical Activity Programmes in West Dunbartonshire

Children and Young People				
Programme	Content	Programme Length	How to Access	Target Group
Mini Active	Covering active play, snack time and creative play. Height and weights of parent and child taken	90 minutes for 10 weeks	Contact West Dunbartonshire leisure 01389 757806 leisureservicesadmin@west-dunbarton.gov.uk	Children Aged 2-4 and their families
Active Juniors	Covering physical activities, food tasting Height and weights of parent and child taken	90 minutes for 8 weeks	Contact West Dunbartonshire leisure 01389 757806 leisureservicesadmin@west-dunbarton.gov.uk	Children and young people aged 5-15 and their families
Adults 16+ and Older People				
New Mum New You	Post natal exercise Nutrition and wellbeing information Height and weights taken	90 minutes for 10 weeks	Contact West Dunbartonshire leisure 01389 757806 leisureservicesadmin@west-dunbarton.gov.uk	Mums and their babies
*Live Active	Support from a Live Active Advisor to help you become and stay regularly physically active. Opportunity to try a variety of activities e.g. exercise classes, home based activities at your own pace.	Year long support via Live Active Advisor	GP/Practice Nurse or Physiotherapist Referral needed	Adults over the age of 16 who are not currently physical active
Vitality	Four levels of classes available to support people with different physical abilities exercise at a level suitable to their abilities.	Classes are open ended <ul style="list-style-type: none"> • Level 1 Strength & Balance Class • Level 2: Strength & balance Circuit • Level 3: Step-In Circuit • Level 4: Step-Up Circuit 	Contact your local leisure centre Vale of Leven Swimming Pool, Alexandria, 01389 756931 The Meadow Sports Centre, Dumbarton, 01389 734094 The Play Drome, Clydebank, 0141 951 4321	Adults particularly those who have a long term condition Clients are required to complete physical activity readiness questionnaire prior to participation

*All programmes self-referral apart from Live Active

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