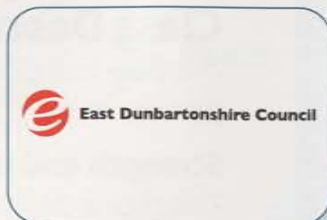


## Contact Details:

### East Dunbartonshire

Contact: **Allander Leisure - 0141 777 3070**  
Address: **Milngavie Road, Bearsden G61 3DF**  
Contact: **Kirkintilloch Leisure - 0141 578 8222**  
Address: **Woodhead Park, Kirkintilloch G66 3DD**  
Contact: **Leisuredrome - 0141 777 3060**  
Address: **Balmuildy Road, Bishopbriggs G64 3HD**  
Contact: **Community Fitness - 0141 578 8457**



### East Renfrewshire

Contact: **Customer First - 0141 577 3008**  
Contact: **Barrhead Sport Centre - 0141 580 1174**  
Address: **Main Street, Barrhead G78 1SW**  
Contact: **Eastwood Park Leisure - 0141 577 4956**  
Address: **Eastwood Park, Rouken Glen Rd G46 6UG**



### Glasgow

Contact: **Vitality Team - 0141 287 9882**  
Address: **20 Trongate, Glasgow G1 5ES**  
Email: **vitality@glasgowlife.org.uk**  
Web: **www.glasgowlife.org.uk/vitality**



### Inverclyde

Contact: **Waterfront Leisure Centre - 01475 797 979**  
Address: **Customhouse Way, Greenock PA15 1EW**  
Contact: **Greenock Sport Centre - 01475 715 766**  
Address: **Nelson Street, Greenock PA16 1QH**  
Contact: **Vitality co-ordinator - 01475 806 679**  
Web: **www.inverclyde.com**



### Renfrewshire

Contact: **Lagoon Leisure Centre - 0141 889 4000**  
Address: **11 Christie Street, Paisley PA1 1NB**  
Contact: **Elderslie Leisure Centre - 01505 328 133**  
Address: **Stoddard Square, Elderslie PA5 9AS**  
Contact: **Erskine Sport Centre - 0141 812 7722**  
Address: **Kilpatrick Drive, Erskine, PA8 7AF**  
Contact: **Linwood Sport Centre - 01505 329 461**  
Address: **Brediland Road, Linwood PA3 3RA**



### West Dunbartonshire

Contact: **Playdrome Leisure Centre - 0141 951 4321**  
Address: **Abbotsford Road, Clydebank G81 1PA**  
Contact: **Meadow Sports Centre - 01389 734 094**  
Address: **Meadow Road, Dumbarton G82 2AA**  
Contact: **Vale of Leven Pool - 01389 756 931**  
Address: **Main Street, Alexandria G83 0UE**



**Vi-tal-i-ty** *noun*

1. The principle of life.
2. Energy or vigour.



## What is Vitality?

**Vitality is a programme of exercise classes that supports participants to exercise at a level suitable to their abilities. Classes are designed to help build and maintain;**

- **Strength**
- **Co-ordination**
- **Endurance**
- **Flexibility**

The classes are suitable for people with different physical abilities and medical conditions including stroke, heart conditions, Parkinson's disease, multiple sclerosis, osteoporosis and breathing difficulties to name but a few.

The exercises performed within Vitality classes are designed to help participants carry out daily activities more easily and hopefully make daily life more manageable.

All Vitality classes are led by highly trained and experienced instructors, and are designed to be adapted to suit any participant. There are four different Vitality classes, so each participant can choose a class that is best for them.

The Vitality classes have been designed by Culture and Sport Glasgow and NHS Greater Glasgow and Clyde staff to make sure that classes are safe and effective.



## Class Descriptions

There are four different Vitality classes, so each participant can choose a class that is best for them.



### Strength and Balance Class

This class is designed for people who can walk slowly and may have limited standing balance and require mobility aids. It is also suitable for people with breathing difficulties.

The Strength and Balance class is based around a chair so that participants can use the chair for support when doing the exercises. Alternatively some exercises can be performed seated if you prefer.

**Classes must be booked, see reverse for details.**

### Strength and Balance Circuit

This class is appropriate for people who are mobile (with or without a mobility aid) but may have difficulty with movement and daily activities. It is also suitable for people with breathing difficulties.

Being circuit based, the main part of the class involves moving around a room and doing an exercise for a short period of time before moving a short distance to do another exercise. It is important that participants can move independently (with or without a mobility aid) to the next exercise station however a chair can be used for support when doing the exercises.

### Step In Circuit

This class is suitable for participants with independent mobility (with or without a mobility aid) but may have some difficulty doing daily activities.

### Step Up Circuit

This class is designed for those who are mobile (without an aid) and who have minimal difficulty doing daily activities.

**Step In** and **Step Up** are circuit based classes. The main component of the class involves doing an exercise for a short period of time before moving around a room to do another exercise. Participants work at their own level / pace and continue to take part in different exercises at various 'stations' around the room for up to 30 minutes. The classes finish with a cool down period of approximately 10 minutes.

## What to do for your first class



- It is essential you bring any medication you may need whilst exercising. You may not be allowed to participate in the class if you don't have it with you.
- Bring along any information sheets that you may have completed during an appointment with your health care professional. Alternatively complete the Vitality Suitability Questionnaire attached to this leaflet. You may not be able to participate in the class if you don't bring it with you.
- For your first class it is important you arrive at least 15 minutes before your class starts so you can give your form to the instructor who can also explain a little more about the class and answer any questions that you may have.
- There will be somewhere to get water within the facilities but you may want to bring a small bottle with you for during the class.

## If you would like this document in Braille or audio-tape format, please contact: 0141 287 9882

If you would like this document in another language, please contact: 0141 287 9882

Ma tha sibh ag iarraidh an fhiosrachaidh seo ann an cànan eile, cuiribh fios gu: 0141 287 9882

Jeśli chcesz uzyskać te informacje w innym języku skontaktuj się z: 0141 287 9882

Eğer bu bilgiyi bir başka dilde istiyorsanız lütfen bağlantı kurunuz: 0141 287 9882

اگر آپ یہ معلومات کسی اور زبان میں حاصل کرنا چاہتے ہیں تو براہ مہربانی رابطہ کریں: 0141 287 9882

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ: 0141 287 9882

إذا رغبت في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال ب: 0141 287 9882

اگر این اطلاعات را به زبانی دیگر میخواهید لطفاً با این ادرس تماس بگیرید: 0141 287 9882

如果您需要该信息的其它语言版本，请联系: 0141 287 9882

## Vitality Suitability Questionnaire:



Before you begin your activity programme, the instructor needs to know some information about you. This information helps the instructor give you correct advice and support to ensure the activity programme is safe and effective for you.

Name: .....

Address: .....

Telephone number: .....

Contact in case of emergency: .....

GP contact details: .....

Please answer the questions below. If you have difficulty completing this form, please call **0141 287 9882** for guidance.

### Section 1:

Please tick yes or no.

	Yes	No
Do you lose your balance because of dizziness or do you frequently lose consciousness (black out)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel pain in your chest at rest or when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get short of breath at rest or doing light activity?	<input type="checkbox"/>	<input type="checkbox"/>
Has your doctor ever said that you have a heart condition? (e.g heart attack, angina, heart palpitations, valve replacement, by-pass, other)	<input type="checkbox"/>	<input type="checkbox"/>
Has your doctor ever said that you have had a stroke?	<input type="checkbox"/>	<input type="checkbox"/>
Has your doctor ever advised you not to participate in exercise?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered YES to any of the questions above, please discuss this with your health care professional as this activity programme may not be suitable for you.

If you have answered no, please continue onto the next page.

## Section 2:

If you have answered NO to all of the questions on the reverse, please answer all the questions in section 2, providing any additional information where you can in the space provided. Please note: the instructor may advise you to discuss participating in exercise with your health care professional before you begin your activity programme.

	Yes	No	
<b>Do you have a respiratory (lung) condition?</b> e.g. COPD, Emphysema, chronic Bronchitis, severe Asthma or any other?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Do you have diabetes, high blood pressure or epilepsy?</b>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Do you have any bone, joint, muscular or neurological condition which affects your ability to do physical activity?</b> e.g. osteoporosis, severe back pain, multiple sclerosis, chronic fatigue, arthritis, Parkinson's disease or any others?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Have you had any surgery / operation in the last 3 months?</b>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Do you suffer frequent falls?</b>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Are you currently on medication for a medical / health condition?</b>	Attach list if required.		
<b>Please provide details of any other needs you may have that the instructor should be aware of.</b> e.g. use a walking aid, physical disability, hearing or sight difficulties or other.			

### Declaration:

- To the best of my knowledge I have given full and correct information in Sections 1 and 2 above.
- I will inform the instructor as soon as possible if any of the answers or other information I have provided in Sections 1 and 2 changes, and will not take part in any further activity sessions until I have done so.
- My participation in the activity sessions is voluntary and undertaken entirely at my own risk.
- I give permission for the body providing the activity programme (which will be determined by the location of the sessions and will be one of the following: East Dunbartonshire Council, East Renfrewshire Council, Glasgow Life, Inverclyde Leisure, Renfrewshire Leisure and West Dunbartonshire Council) to use the information on this form for any purpose relating to the activity sessions, including where appropriate providing this information to third parties.

Print Name: ..... Signature: ..... Date: .....

## Useful Information



### What to wear

Wear clothing you feel comfortable in and is loose enough for you to exercise without getting too hot. Footwear is important and should be well fitting, flat, supportive and comfortable. Sandals and slip on shoes are not advisable.

### Venues

Vitality classes are held in community and leisure facilities. They have been chosen to make it easy for you to access the classes and are within short walking distances of major bus routes. All venues should have parking spaces for drivers holding disabled / blue badges.

### Cost

There is a charge for Vitality classes. This may vary slightly in different local authorities. For exact costs please contact your local leisure provider. Details are provided in the 'Contacts' list of this booklet.

### Class sizes

All classes have a maximum number of participants allowed to ensure that the instructors can safely teach a class. Because of limited numbers it may be best to book a place in the class. For more details on how to book into a class please call your local leisure provider.

### Class times and locations

A list of Vitality classes can be found by calling your local leisure provider; a list of their numbers are on the back cover.

### How to book

To book a Strength and Balance Class contact your local leisure provider, a list of their numbers are detailed on the back cover of this leaflet. For all other classes booking may not be essential. To ensure a place in a class please contact your local leisure centre or leisure provider.