

Your go to guide on physical activity



Live Active is still open!

Although Leisure Centres are closed, our NHS GG&C Live Active Scheme is still open to referrals from health professionals and is still supporting patients to become more active!

Being Active During COVID-19

Scottish and UK Governments suggested physical activity as one of four essential reasons to be able to leave the house during the COVID 19 Pandemic. Now, more than ever, it's important to move more. Many patients will be thinking of becoming more active and Live Active is still open and able to help.

Live Active

Referrals should be made via SCI Gateway or you can complete the online referral form which is submitted to the Live Active team. Please ensure you follow the normal guidance in terms of who is suitable. All can be found at www.nhsggc.org.uk/physicalactivity.

Referrals

Any questions please contact us on LiveActive@ggc.scot.nhs.uk