

# Active Lives Pathway

Referral at a Glance

For Health and Social Care Professionals



	TIER	
	5	<p><b><u>Community Wide General Activities</u></b></p> <p>People who are physically active</p>
8 week free referral programme	4	<p><b>Active Communities General Programmes</b></p> <p>People who are physically inactive</p>
16 week free referral programme	3	<p><b>Active Communities Specialist Programmes</b></p> <p>People who are physically inactive with or at risk of a health condition(s)</p>
	2	<p><b>Physical Activity Referral</b></p> <p>People who are physically inactive with or at risk of a health condition(s)</p>
	1	<p><b>Clinical Pathway</b></p> <p>Specialist evidenced based condition-specific rehabilitation programmes</p>

