

# Staying **Active** in Dumfries and Galloway

The Active Lives Pathway helps you find the right level of physical activity support for you. Being active, even a little, can make a big difference to how you feel each day. This leaflet shows the different stages of the Active Lives Pathway, from staying active on your own to having more support if you need it. You can start at any level and move along the pathway as your confidence, health or circumstances change.

**A simple guide to physical activity support. Start at the level that feels right for you. You can move between levels as your confidence and ability change.**

	Who it's for	What support looks like	Examples of activities	How to get started
<b>Staying active on your own</b>	People who already feel confident being active	<ul style="list-style-type: none"> <li>You choose your own activity</li> <li>No formal support</li> </ul>	<ul style="list-style-type: none"> <li>Walking</li> <li>Cycling</li> <li>Parkrun</li> <li>Fitness clubs or</li> <li>Sports clubs</li> </ul>	No referral needed Visit <a href="http://dgdoingmore.co.uk">dgdoingmore.co.uk</a>
<b>Gentle group activities</b>	People starting out or returning to activity	<ul style="list-style-type: none"> <li>Friendly groups</li> <li>Gentle pace</li> <li>Led by trained leaders</li> </ul>	<ul style="list-style-type: none"> <li>Health Walks</li> <li>Stroll in the Park</li> <li>Gentle movement</li> <li>Tai Chi</li> </ul>	Referral via health or care professional or attend an public Active Communities Class or Walk independently
<b>Supported group or individual activities</b>	People with stable long-term health conditions	<ul style="list-style-type: none"> <li>Adapted exercises</li> <li>Safe and supportive</li> <li>Trained instructors</li> </ul>	<ul style="list-style-type: none"> <li>Strength and balance</li> <li>Supported gym or</li> <li>Supported swimming</li> </ul>	Referral via health or care professional
<b>Active at Home - by Lets Get Sporty</b>	People unable to leave home or take part in community activities independently	<ul style="list-style-type: none"> <li>One-to-one support in the home</li> <li>Tailored activity plans</li> <li>Practical support to build confidence and routine</li> </ul>	<ul style="list-style-type: none"> <li>Chair-based exercise</li> <li>Strength and balance at home</li> <li>Walking plans</li> <li>Simple functional movement</li> </ul>	Referral via health or care professional
<b>One-to-one specialist support</b>	People needing personalised support	<ul style="list-style-type: none"> <li>Tailored activity plan</li> <li>One-to-one supervision</li> </ul>	<ul style="list-style-type: none"> <li>Supervised gym</li> <li>Supported swimming or</li> <li>Fitness sessions</li> </ul>	Referral required
<b>Clinically supported activity</b>	People who need medical supervision to be active safely	<ul style="list-style-type: none"> <li>Clinically planned activity</li> <li>Medical monitoring</li> </ul>	Clinical exercise programmes	Access via healthcare team only



**There is no right or wrong place to start.**

*Move more, feel better – at your own pace.*



[dgdoingmore.co.uk](http://dgdoingmore.co.uk)