

Supported

Targeted

Exercise

Programme

# 1st STEPS to Health & Wellbeing



**XCITE**

[www.westlothianleisure.com](http://www.westlothianleisure.com)

@XciteLeisure



# 1st STEPs to Health & Wellbeing

This is a program of structured activity and exercise provided @ Xcite that can help improve your health!

Your health professional will refer you if you qualify for the 1st STEPs programme.

- A referral form will be sent to us by your health professional. One of the Health & Wellbeing Team will contact you to arrange your 1st appointment at your nearest Xcite venue.
- Come along wearing loose clothing and indoor gym shoes.
- We'll talk to you about various activities; what you like doing, when and where these activities are available to you.
- From this information we'll be able to design you a structured Activity Plan.
- We'll record your height, weight, blood pressure, and body measurements.
- We'll monitor your progress and attendance and share this information with your GP/Nurse.

**1st STEPS to Health & Well being is FREE for the 1st 3 months\*!**

On the successful completion of your 1st 3 months, you'll be eligible for a Medical Referral Membership. This Membership is ONLY £24.50 per month and is less than our Xcite Premier Membership, but includes all the same activities!

\*Terms and conditions apply.

For additional information on Xcite please contact one of the Health & Wellbeing Team  
Tel: 01506 237950 or Email: [healthandwellbeing@westlothianleisure.com](mailto:healthandwellbeing@westlothianleisure.com)