

Health professional identifies patient suitable for referral.
Completes referral form and sends to AL advisor.

AL advisor contacts patient by telephone
for initial discussion to assess patient's needs
and arranges initial consultation

Initial Active Lifestyles consultation:
Discusses needs, range of physical activity options,
sets goals and other lifestyle behaviours,
sets date for next consultation

Active Lifestyles consultations:
(maximum of 6 visits at 1-month intervals)
Possible referral / signposting to other services (see below)

Patients may be referred/signposted to other physical activity services:
Exercise referral schemes (e.g. gym-based/class-based), walking schemes, gardening,
mental health exercise programmes, cardiac rehabilitation, etc.