

LEGACY 2014 PHYSICAL ACTIVITY FUND – EXERCISE TYPE BY PROJECT

Project	Category	Activity
Changes CHP	Gentle Exercise walking walking Gentle Exercise	Gentle Exercise walking groups buddy walks short walks
Active Stirling	walking Gentle Exercise	buggy walks strength & balance
Edinburgh Leisure	exercise (other)	Active Lives
Cairngorm National Park Authority	Walking	Walking
Drumchapel Sports	exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other)	Boxing Dance Table Tennis Various Tennis Football Junior Development Programme Summer Camp Cycling
KA Leisure Ltd	Gentle Exercise Gentle Exercise Gentle Exercise exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) exercise (other) Gentle Exercise	Weigh to Go Chair Yoga Hip n Knee Aqua MBA Synergy Gym Pilates Learning Disability Class Keep Fit Classes LD Class Gym Gym Class MBA Aqua Swimming Fitness Classes Befriending group

Midlothian Council

Gentle Exercise
Gentle Exercise
Walking
exercise (other)

Rio Challenge
Seated Exercise
Rio challenge
Kurling

**Fife Sport &
Leisure Trust**

exercise (other)

Mind and Be Active

**Dumfries &
Galloway Council**

Socialising for
exercise
Socialising for
exercise
Socialising for
exercise
Socialising for
exercise
Socialising for
exercise
Socialising for
exercise
Socialising for
exercise
Socialising for
exercise
Socialising for
exercise
Socialising for
exercise

Gentle Exercise

Gentle Exercise
Gentle Exercise
Gentle Exercise
Gentle Exercise
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Gentle Exercise
Gentle Exercise
Gentle Exercise
Gentle Exercise

Gentle Exercise

Gentle Exercise
exercise (other)
exercise (other)

Lets Motivate - Dominoes

Lets Motivate - Folding napkins

Lets Motivate - Sing-a-long

Lets Motivate - Memory
box/albums

Lets Motivate - Crafts

Lets Motivate - Chatting

Lets Motivate - Reminiscing

Lets Motivate - Knitting

Lets Motivate - Jigsaw

Lets Motivate - Chair based keep
fit

Lets Motivate - Music & exercise in
chair

Lets Motivate - House chores

Lets Motivate - Walking

Lets Motivate - Seated exercises

Lets Motivate - Chair activities

Lets Motivate - Sitting/standing

Lets Motivate (Parachute)

Lets Motivate (parachute activity)

Let's Motivate (parachute activity)

Lets Motivate (Talking Ball)

Lets Motivate (Throwing Bean
Bags)

Let's Motivate (throwing bean
bags)

Lets Motivate - Bowling

Lets Motivate - Kurling

NHS Highland

exercise (other)
exercise (other)

Dance Leadership
dancing

**Leisure & Culture
Dundee**

exercise (other)
exercise (other)

swimming
Family Active

Source: Legacy 2014 Physical Activity Fund Final Report, University of Strathclyde

