

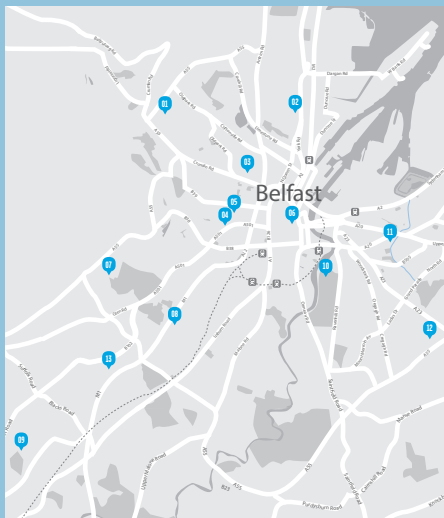
# Healthwise Physical Activity Scheme

## What is the Healthwise Scheme?

Healthwise is the regional physical activity referral scheme. It is designed for people with health-related conditions that may benefit from regular exercise, under the guidance of qualified exercise professionals. The programme helps individuals manage and improve their health condition(s) and encourages people of all abilities to take part.



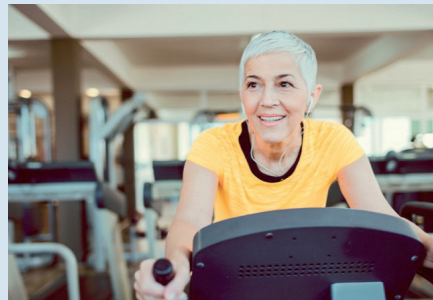
The 12 week scheme allows full city wide access to all participating Better facilities across the city. Our sites that deliver the Healthwise scheme are as followed (excluding Better Gym Belfast and Better Gym Connswater):



1. Ballysillan Leisure Centre
2. Grove Wellbeing Centre
3. Girdwood Community Hub
4. Fall Leisure Centre
5. Shankill Leisure Centre
6. Better Gym Belfast
7. Whiterock Leisure Centre
8. Olympia Leisure Centre
9. Brook Leisure Centre
10. Indoor Tennis Arena and Ozone Complex
11. Better Gym Connswater
12. Lisnasharragh Leisure Centre
13. Andersonstown Leisure Centre

## The Healthwise membership at Better offers referrals:

- Free 12 weeks membership
- Specific Healthwise supervised weekly group physical activity sessions
- Gym access
- Swimming pool access
- Mainstream fitness classes



## What to expect during the 12 weeks at your Better facility:

Once a referral has been received and accepted it is allocated to a Healthwise facilitator. A phone call is made to assess the referral and book their 1-1 initial consultation in one of our Better facilities.

### Initial Consultation:

- Meet your Healthwise facilitator
- Health and wellbeing assessment is carried out
- Body composition assessment (includes blood pressure check, height, weight and BMI calculated)
- Goal setting
- Signpost to a specific Healthwise supervised weekly group session. This gives the referral the opportunity to be supported on a weekly basis with their assigned Healthwise facilitator as well as social support from peers
- Healthwise membership sign up
- Tour of the facility
- Gym induction
- Book in for 4 week 1-1 review

### Week 4 review:

- 1-1 catch up with your Healthwise facilitator
- Health and wellbeing assessment review
- Goal setting review
- Book in for 8 week 1-1 review

### Week 12 sign off:

- A review of the referral journey
- Health and wellbeing assessment
- Body composition assessment (includes blood pressure check, height, weight and BMI calculated)
- Sign post to step down activities to remain physically active

### Week 8 review:

- 1-1 catch up with your Healthwise facilitator
- Health and wellbeing assessment
- Goal setting review
- Information given regarding Better Lets Stay Active classes and membership options post 12 weeks
- Book in for week 12 sign off

## What is there to offer following the 12 week Healthwise scheme at Better facilities?

Healthwise referrals that have completed the 12 weeks are offered a discounted rate of memberships to help them stay physically active.

- £21.50 per month for the 1<sup>st</sup> year
- £27.25 per month for the 2<sup>nd</sup> year
- £32.50 per month for the 3<sup>rd</sup> year

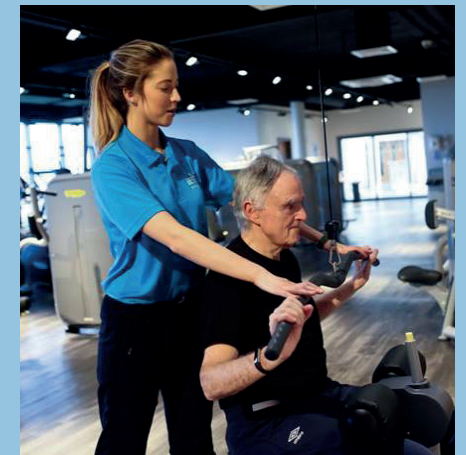
### This membership gives you:

- Full city wide access to any of our Better facilities
- Full gym access
- Full swimming pool access
- Full fitness class access



## Referrals over the age of 60 are entitled to go onto the Better over 60s membership

- £5 p/year for Belfast residents, £10 p/year non Belfast residents
- Free access to all Better facilities **before 11am Monday-Friday** (excludes Better Gym Belfast and Better Gym Connswater)
- After 11am £2.40 for gym/class and £1.75 for swim



Better also offer a range of '**Lets Stay Active**' classes across the city that are low level/low impact activity suitable for all health referrals during the 12 weeks Healthwise scheme and following the 12 week scheme. Please see mainstream timetable at reception, online or via our Better UK app.

# Contact Details

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If you would like more information regarding the Healthwise physical activity scheme or regarding your referral please contact the Better facility of preference or please feel free to contact one of our health team:

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