

A guide to the 12 weeks

1

Initial assessment:

A physical activity coach will carry out a pre-exercise assessment and will draw up a physical activity programme, which is safe and suitable for you. Some initial measurements including your blood pressure, pulse, flexibility, height and weight will be taken and that will be used as a baseline measurement to record your progress throughout the programme.

2

Personal Details:

All information obtained is confidential and will be securely locked at the leisure facility. All personal details will be removed from all forms prior to any evaluation of the scheme.

3

Your Programme:

Following your initial assessment, you will be provided with a 12 week programme to meet your needs, devised by your coach.

4

Support for you:

Your coach will be on hand throughout the programme to monitor your progress. Your coach will be available informally to provide the necessary support and advice needed throughout the programme.

5

Final assessment:

This is a chance to review your progress throughout the 12 week programme. Your coach will help you to decide how you can continue with physical activity.

Healthwise venues

Andersonstown Leisure Centre
Ardoyne and Shankill Healthy Living Centre

Avoniel Leisure Centre
Ballysillan Leisure Centre
Belvoir Leisure Centre
Falls Leisure Centre
Grove Wellbeing Centre
Lough Moss Leisure Centre
Maureen Sheehan Healthy Living Centre
Olympia Leisure Centre
Shaftesbury Recreation Centre
Shankill Leisure Centre
Whiterock Leisure Centre

More Information

For all Healthwise queries please contact the **Physical Activity Referral Coordinator**, Active Belfast, Belfast Health Development Unit, 9 Lanyon Place, Belfast, BT1 3LP.
Email activebelfast@bhdu.org or call 9050 2073.



What is Healthwise?

Healthwise is an Active Belfast initiative that your GP or Healthcare Professional can refer you to. The aim of healthwise is to introduce people who are *inactive to regular physical activity in a friendly, comfortable and safe environment.

Throughout a 12 week programme we aim to encourage people to adopt a more active lifestyle, with unlimited access to the leisure facility of their choice. We recommend that each person should aim to take part approximately 3 times per week for maximum benefit.

The Chief Medical Officer's Physical Activity Guidelines for Adults are:

150 mins of *moderate-intensity physical activity per week. That is, 30 mins x 5 days per week. Alternatively, this can be achieved through 75 minutes of *vigorous-intensity physical activity spread across the week.

*An inactive lifestyle is defined as sitting or remaining inactive at work and at home and failing to participate in moderate physical activity for 30 minutes on most days of the week.

*Moderate-intensity physical activity leads to faster breathing, increased heart rate and feeling warmer.

*Vigorous-intensity physical activity leads to very hard breathing, shortness of breath, rapid heartbeat and should leave a person unable to maintain a conversation comfortably.



How does it work?

Your GP/ Healthcare Professional completes a referral form and sends this to the leisure facility of your choice (see leisure facility providers on the back of this leaflet).

Your referral form is passed to your local leisure facility and you are appointed a trained physical activity coach. All coaches are qualified to a minimum of level III in physical activity referral and members of the Register of Exercise Professionals (REPs).

Your coach will contact you to discuss the programme and book in your initial assessment.

Following your introductory meeting with your coach, you will be given guidance throughout the 12 week programme.

Your progress will be reviewed at the end of the programme. Your physical activity coach will then advise you on further physical activity programmes in your area.



You will have the opportunity to take part in a range of activities

While the activities available in each leisure facility may vary, we hope to provide a number of interesting alternative approaches to physical activity, which may include some of the following:

- Gym sessions
- Walking
- Swimming
- Group activities
- Cycling

Why should I become more active?

People who have taken part in the programme have reported benefits including;

- Reduction in weight/ weight management
- Reduced blood pressure
- Reduction in stress and anxiety
- Improved Emotional Resilience
- Increased energy
- Improved strength, mobility, coordination and balance; and
- Improved health and wellbeing



How much will it cost?

Every person referred will be able to take part for 12 weeks at their chosen leisure facility or Healthy Living Centre free of charge.

Don't worry if you have never used leisure facilities before or if you haven't exercised for some time. All staff at each facility are there to make you feel at home with physical activity and support you to develop a 12 week programme to match your own aims and abilities.

Each person will determine the level at which they feel comfortable participating and progressing.