

# What is the Healthwise Scheme?



Due to COVID 19 adaptations to this programme may be required, but we will work with each referral to deliver a programme that is suitable

Healthwise is a 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 offers support and motivation for people to become and remain physically active.



## WHATS ON OFFER?

**FREE 12 week membership**

Mainstream fitness classes providing health permits

Gym access

## What to expect during the 12 weeks at Peninsula Healthy Living 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.

**For more information contact us on:  
Tel: 028 427 39021  
[www.peninsulahealthyliving.org](http://www.peninsulahealthyliving.org)**



Meet your Healthwise facilitator



Signpost to the Physical Activity timetable of weekly group classes



Health and wellbeing assessment is carried out & includes:

- 1 Blood pressure check
- 2 Height & weight check
- 3 Visceral fat & BMI calculated



Your Healthwise facilitator will be on hand for any support



Goal setting

## Healthwise membership sign up

1. Tour of the facility 2. Gym induction 3. 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 8 review

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

### Week 12 sign off

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

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