

Healthwise Scheme initial consultation:

Once a referral has been received and accepted, it is allocated to our Healthwise facilitator at the site. A phone call is then made to assess the referral and book in your 1-1 initial consultation.

Initial Consultation:

At your consultation the following will be covered:

- Meet your Healthwise facilitator
- Health and wellbeing assessment is carried out
- Body composition assessment and boditrax™ (includes blood pressure check, height, weight and BMI calculated)
- Goal setting signposts to specific Healthwise group fitness classes. This gives you the opportunity to be supported on a weekly basis within specific classes, as well as social support from peers
- Healthwise membership sign up
- A tour of our full facilities
- Book in for you 4-week review



Member name: _____

Instructor: _____

Start Date: _____

4 Week Review: _____

8 Week Review: _____

12 Week Review: _____

Instructor Signature: _____



For more
information,
speak to
one of our
friendly team.

Bangor Aurora Aquatic & Leisure Complex

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FREE Healthwise
12 Week Referral Scheme
at Bangor Aurora Aquatic & Leisure Complex

A free 12-week local Physical Activity Referral Scheme (PARS) Scheme, exclusively for those who have been referred by their GP, nurse, physio or other health professional.

Sessions are supervised by qualified and experienced instructors.



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What is the Healthwise Scheme?

Healthwise is a free 12-week local Physical Activity Referral Scheme (PARS), designed for people with health-related conditions that may benefit from regular exercise, under the guidance of qualified exercise professionals. The scheme helps individuals manage and improve their health condition(s) and encourages people of all abilities to take part.

The scheme runs for 12 weeks and offers support and motivation for people to become and remain physically active.

The Healthwise PARS membership at Bangor Aurora offers referral customers:

- Free 12 week Healthwise membership
- Specific Healthwise weekly fitness classes
- Access to our gym
- Access to our swimming pool
- Access to our mainstream fitness classes



What shall I expect during my 12 weeks?

After your initial assessment, you will proceed through your 12 weeks with reviews at weeks 4 and 8 and a final sign-off review at the end of week 12.

Weeks 1-4

During these first four weeks, we will be supporting you with boditrax™ scans, booking classes and other sessions you may feel like you'd like to join. Our instructors will be there to help you every step of the way.

Weeks 5-8

We will be supporting you with finding and booking workout classes to suit you, as well as any gym or swim sessions you may wish to enjoy. We will be able to record your progress and results using boditrax™ scans to see how far you've come.

Weeks 9-12

The final four weeks of the scheme involve further instructor-led classes to help keep you motivated to meet your goals, alongside virtual cycling and gym and swim sessions of your choice.

Following further boditrax™ scans, you will be able to see the great progress you've made in just 12 weeks, as well as set a plan with your instructor to help continue your fitness journey.



What membership offer is there, after I have completed the scheme?

After completing your 12 week scheme, we have a reduced priced membership available especially for Healthwise Scheme participants, so you can continue your new fitness journey with us.

Healthwise Membership
£29.50 per month
(with no contract).

This gives you full access to all our facilities at Bangor Aurora Aquatic & Leisure Complex.



What do I do if I want to join?

Speak to your Healthwise facilitator at Bangor Aurora Aquatic & Leisure Complex, about your next steps to help you continue your new fitness journey.



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