

Healthwise Level 3: Is the 12 week local Physical Activity Referral (PARS) programme under the Regional PARS scheme. It is for all clients who meet the following criteria and have no medical complications which would limit exercise:

You must be:

- 19 years old or over
- Inactive (not currently meeting the physical activity guidelines of 150 minutes of moderate activity or 75 minutes of vigorous activity per week)
- Motivated to change.

The benefits of being more active for adults/older adults:

Benefits health by reducing your chance of:
Type 2 diabetes by 40%, Cardiovascular Disease (-35%), Falls, Depression and Dementia (-30%), Joint and back pain (-25%), Cancer (Colon and Breast -20%)

- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

In addition, you can only be referred if you:

- Have a BMI of 25 to 40, and have one or more of the following:
 - Hypertension (high blood pressure)
 - Hyperlipidaemia
 - Impaired glucose levels or diabetes
 - Family history of heart disease
 - Asthma, bronchitis or COPD
 - Musculoskeletal conditions
 - Mild or moderate mental health conditions

Referral Pathway:

If you meet the inclusion criteria and are interested in this PARS Level 3 Healthwise programme please speak to your GP or Health Professional who can arrange a referral to your preferred centre

Activities offered:

The variety of activities offered depends on which venue you attend. Activities are group based. One to one sessions will only be offered in exceptional circumstances.

Venues

Belfast Venues

Healthy Living Centres

Shaftesbury Recreation Centre, Dee Street, Hanwood
Contact: 028 90312377

Maureen Sheehan Centre
Contact: 028 9031 0346

Belfast City Council/GLL

Lisnasharragh, Brook, Falls, Whiterock,
Andersonstown, Olympia, Belvoir, Ozone, Grove,
Ballysillan, Girdwood and Shankill
Contact: 028 9521 7870

South Eastern Venues

Lisburn & Castlereagh City Council

Lagan Valley Leisureplex, Lough Moss Leisure Centre, Kilmakee Activity Centre, Glenmore Activity Centre
Contact: 028 9267 2121

Ards & North Down Borough Council Ards

Ards Blair Mayne -Contact: 028 9181 2837
Comber Leisure Centre - Contact 028 9187 4350
North Down - Bangor Aurora, Queens Leisure Complex Holywood - Contact: 028 9127 0271