

CASE STUDY

Lisburn and Castlereagh City Council Healthwise Scheme Valerie's story



I have just completed the 12-week Healthwise Scheme programme with Andrea in Laganvalley Leisureplex. When I first started, I was a bit anxious however once I started, Andrea put my mind at ease through her fun classes as well as her care and support for our wellbeing.

Throughout the 12 weeks, she encouraged me as I progressed and as a result, I have lost a stone in weight, my BMI and Blood Pressure has decreased as well as my resting heart rate. Additionally, I have made new likeminded friends in the classes, and I feel more energised and healthier.

As a result of the programme, I have joined the Leisureplex to continue with a healthy lifestyle to increase my physical activity levels and improve my emotional wellbeing.

