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# Diabetes Type 2 Physical Activity Referral Programme

## Where is the programme delivered?

The programme is delivered across a range of leisure centres and community facilities across Belfast, North, East, South and West. For further information on venues and for days and times the programme is delivered, please contact:

E: [diabetesactivecoach@belfasttrust.hscni.net](mailto:diabetesactivecoach@belfasttrust.hscni.net)

Tel: 07516 110678



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[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)

## What is the Diabetes Type 2 Physical Activity Referral Programme?

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This is a free 12 week programme of physical activity delivered in a range of leisure and community facilities across Belfast. If you have been diagnosed with Type 2 Diabetes, you may be eligible to take part in this programme.

## What is delivered during the 12 week programme?

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You will receive weekly physical activity sessions, designed to help improve your confidence, activity levels and general wellbeing. Each physical activity session is delivered by our trained Physical Activity Coach with the overall aim of increasing your physical activity levels.



## What kind of activities will I get to take part in?

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During the programme we hope to provide a range of cardiovascular and resistance training at an intensity that suits you. This will include walking, group activity and some gym sessions.

## What are the benefits of taking part in physical activity?

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There are many benefits to being more active:

- It helps you to relieve stress and anxiety, and improves your mood
- It helps to lower your blood pressure
- It can improve the levels of cholesterol in your blood
- It can burn calories and help you lose weight
- It helps keep your blood glucose down by reducing insulin resistance in your body
- It helps keep your heart healthy.

