



The Healthwise programme is available at the Maureen Sheehan Healthy Living Centre. It is aimed at helping people with certain health conditions who are eligible for referral from their GP, nurse or other help professional.

During the programme, you will receive one to one coaching from a fully qualified fitness coach for a period of 12 weeks and will cover topics such as weight training, cardiovascular training and nutrition.



**The HEART Project
The Maureen
Sheehan Centre
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What is the Healthwise Scheme?

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 the individuals manage their health 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.

What to expect during your 12 weeks on Healthwise:

Week One - Initial Consultation with your new instructor, view the facility, gym induction, goal setting & health assessment.

Week Four - Goal setting review, health assessment, adjustments to training plan if needed.

Week Eight - Goal setting review, health assessment, information on what the Maureen Sheehan Centre can offer after Healthwise.

Week Twelve - Sign off and continuation options.

Continuation at the Maureen Sheehan Healthy Living Centre:

After your 12 week Healthwise referral scheme is over, the journey doesn't end there. At the Maureen Sheehan Centre, we have a wide range of activities that you can avail of such as:

- The Walkabout Club
- Tai Chi
- Swimming lessons
- Pool Therapy
- Cardiac Rehab
- The HABIT Suite
- Cancer Rehab
- BRAVEhearts: Danderball
- Pilates
- Wheely Wednesdays
- SWEEThearts: Circuit training