

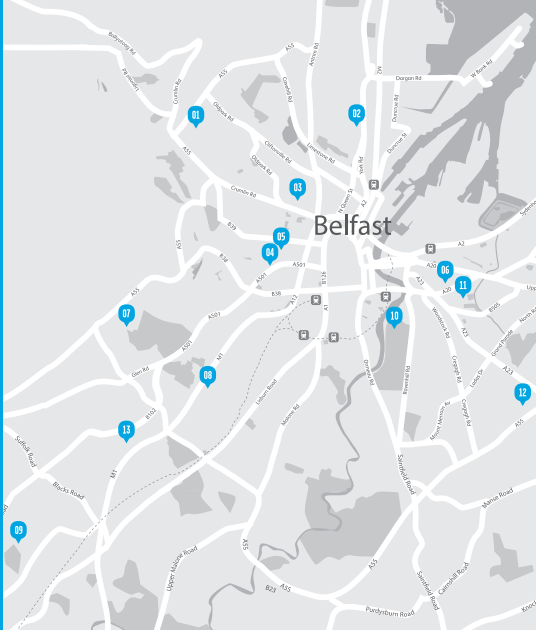


HEALTHWISE PHYSICAL ACTIVITY SCHEME

WHAT IS THE HEALTHWISE SCHEME?

Healthwise is the 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 individuals manage and improve their health condition(s) and encourages people of all abilities to take part.





The 12 week scheme allows full city wide access to all participating Better facilities across the city. Our sites that deliver the Healthwise scheme are as followed:

1. Ballysillan Leisure Centre
2. Grove Wellbeing Centre
3. Girdwood Community Hub
4. Fall Leisure Centre
5. Shankill Leisure Centre
6. Templemore Baths
7. Whiterock Leisure Centre
8. Olympia Leisure Centre
9. Brook Leisure Centre
10. Indoor Tennis Arena and Ozone Complex
11. Avoniel
12. Lisnasharragh Leisure Centre
13. Andersonstown Leisure Centre

THE HEALTHWISE MEMBERSHIP AT BETTER OFFERS REFERRALS:

- Free 12 weeks membership
- Specific Healthwise supervised weekly group physical activity sessions
- Gym access
- Swimming pool access
- Mainstream fitness classes



WHAT TO EXPECT DURING THE 12 WEEKS AT YOUR BETTER FACILITY:

Once a referral has been received and accepted it is allocated to a Healthwise facilitator. A phone call is made to assess the referral and book their 1-1 initial consultation in one of our Better facilities.

INITIAL CONSULTATION:

- Meet your Healthwise facilitator
- Health and wellbeing assessment is carried out
- Body composition assessment (includes blood pressure check, height, weight and BMI calculated)
- Goal setting
- Signpost to a specific Healthwise supervised weekly group session. This gives the referral the opportunity to be supported on a weekly basis with their assigned Healthwise facilitator as well as social support from peers
- Healthwise membership sign up
- Tour of the facility
- Gym induction
- Book in for 4 week 1-1 review

WEEK 4 REVIEW:

- 1-1 catch up with your Healthwise facilitator
- Health and wellbeing assessment review
- Goal setting review
- Book in for 8 week 1-1 review

WEEK 12 SIGN OFF:

- A review of the referral journey
- Health and wellbeing assessment
- Body composition assessment (includes blood pressure check, height, weight and BMI calculated)
- Sign post to step down activities to remain physically active

WEEK 8 REVIEW:

- 1-1 catch up with your Healthwise facilitator
- Health and wellbeing assessment
- Goal setting review
- Information given regarding Better Lets Stay Active classes and membership options post 12 weeks
- Book in for week 12 sign off



WHAT IS THERE TO OFFER FOLLOWING THE 12 WEEK HEALTHWISE SCHEME AT BETTER FACILITIES?

Healthwise referrals that have completed the 12 weeks are offered a discounted rate of memberships to help them stay physically active.

This membership gives you:

- Full city wide access to any of our Better facilities
- Full gym access
- Full swimming pool access
- Full fitness class access

Referrals over the age of 60 are entitled to go onto the Better over 60s membership

Better also offer a range of 'Basic Classes' across the city that are low level/low impact activity suitable for all health referrals during the 12 weeks Healthwise scheme and following the 12 week scheme. Please see mainstream timetable at reception, online or via our Better UK app.

CONTACT DETAILS

If you would like more information regarding the Healthwise Physical Activity Referral Scheme or regarding your referral please contact the following:

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