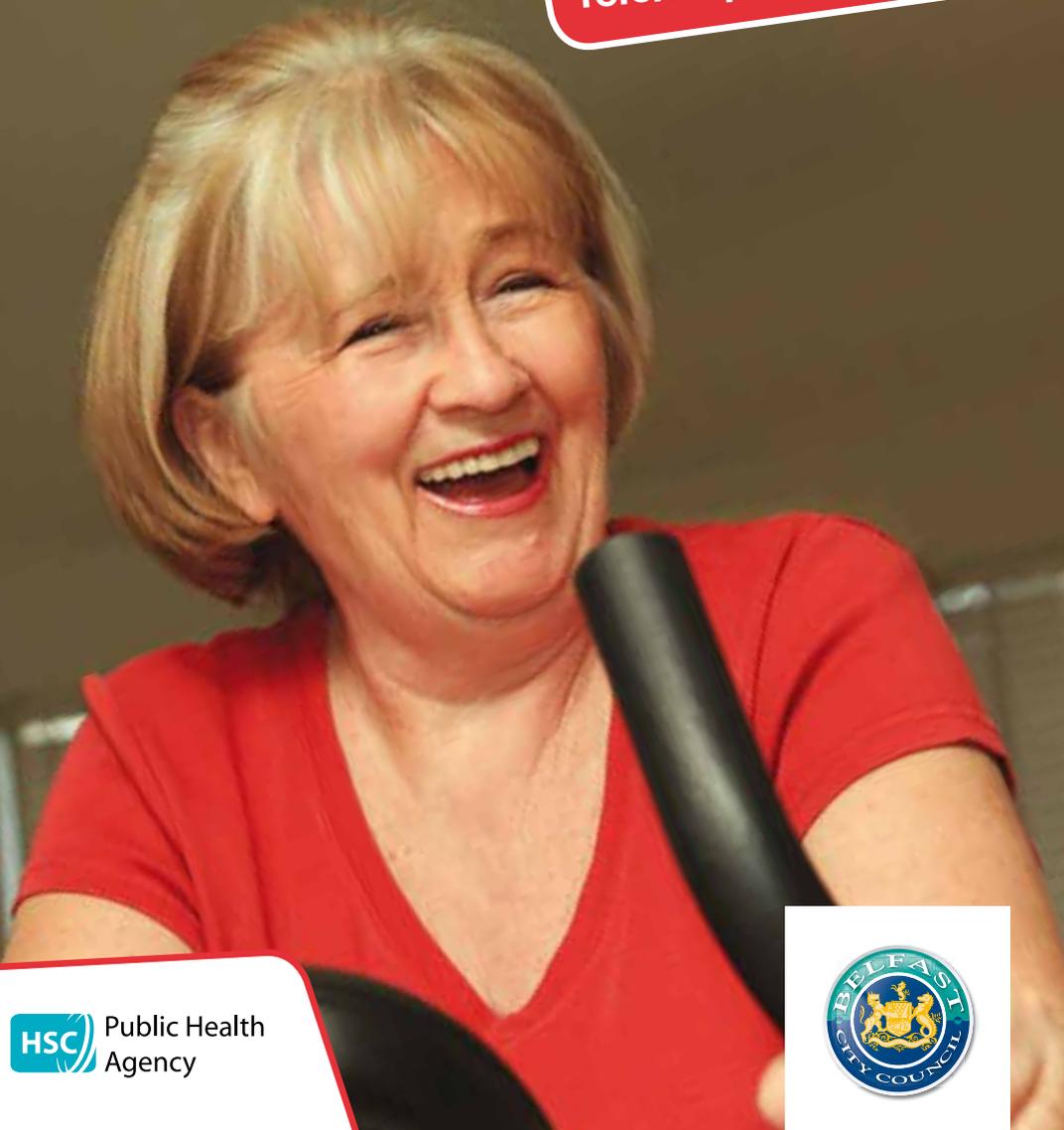




# HealthWise



The physical activity  
referral programme



 **HSC** Public Health  
Agency



[www.belfastcity.gov.uk/leisure](http://www.belfastcity.gov.uk/leisure)



## What is Healthwise?

Healthwise is a physical activity referral programme. If you meet the required criteria, your GP can refer you to your local leisure centre for free membership and advice on getting and staying active.

Healthwise is run by the Public Health Agency in partnership with Belfast City Council. It is designed for people with health-related conditions that may benefit from regular exercise, under the guidance of qualified exercise professionals.

We know that taking part in regular physical activity has many health benefits and can help to reduce the likelihood and even delay the onset of some diseases. We also know that people need support and encouragement to help them take the first steps to becoming more active, more often. This is what Healthwise provides.

## Who can join Healthwise?

Anyone aged 16 and over who currently has one or more of the following conditions:

- high blood pressure
- controlled diabetes or a strong family history of diabetes
- heart disease or risk factors associated with coronary heart disease
- anxiety, stress, depression and controlled mental health problems
- overweight or obese
- well-controlled lung problems such as asthma, bronchitis or chronic obstructive pulmonary disease
- mild to moderate joint problems such as osteoporosis
- another condition that does not prevent you taking part in physical activity

Healthwise is not available to people currently taking part in regular physical activity.

## What can exercise do for me?

**Taking part regularly in physical activity has been shown to:**

- reduce the risk of heart disease
- lower blood pressure and cholesterol levels
- reduce the risk of developing some cancers
- reduce the risk of developing type II diabetes
- help prevent or reduce osteoporosis
- help control weight
- promote mental well-being
- help the management of painful conditions, and
- make you feel more confident and energetic

## What does Healthwise include?

With Healthwise we'll give you get free leisure membership for 12 weeks. You will get a personalised physical activity programme, a minimum of 3 supervised gym sessions and have access to gentle group exercise classes. We will also give you advice on leading a healthier lifestyle.

## What to do next?

Speak to your GP or health care professional who will assess your suitability to join the programme. They will then complete a referral form and send it to a leisure centre of your choice (a list of available leisure centres can be found on the back of this leaflet). The leisure centre will then contact you to make your first appointment.

At your first appointment you will have a pre-exercise assessment. During the assessment we will record your blood pressure, weight, flexibility, body mass index and body fat percentage. You will also be able to talk about your personal goals with your fitness coach who will then design and start you on a safe, personalised exercise programme.

After that it's up to you to stay with your exercise programme and enjoy the positive benefits that being active brings.

## How much will it cost?

Healthwise provides a free leisure membership for 12 weeks. After the 12 weeks a member of leisure staff will talk to you about Boost membership and will advise you on the best price option for you.

For more information on Boost benefits and prices go to [www.belfastcity.gov.uk/boost](http://www.belfastcity.gov.uk/boost)



## Belfast City Council leisure centres offering



### **Andersonstown Leisure Centre**

Andersonstown Road  
Belfast  
BT11 9BY  
T: 028 9072 6311

### **Indoor Tennis Arena and Ozone Complex**

Ormeau Embankment  
Belfast  
BT6 8LT  
T: 028 9045 8024

### **Avoniel Leisure Centre**

Avoniel Road  
Belfast  
BT5 4SF  
T: 028 9045 1564

### **Olympia Leisure Centre**

Boucher Road  
Belfast  
BT12 6HR  
T: 028 9091 8746

### **Ballysillan Leisure Centre**

Ballysillan Road  
Belfast  
BT14 7QP  
T: 028 9091 8731

### **Shankill Leisure Centre**

100 Shankill Road  
Belfast  
BT13 2BD  
T: 028 9091 8750

### **Falls Leisure Centre**

15 – 17 Falls Road  
Belfast  
BT12 4PB  
T: 028 9050 0510

### **Whiterock Leisure Centre**

Whiterock Road  
Belfast  
BT12 5HQ  
T: 028 9023 3239

### **Grove Wellbeing Centre**

120 York Road  
Belfast  
BT15 3HF  
T: 028 9072 6363

