WHAT IS HEALTHWISE?

The Healthwise Physical Activity Referral Scheme introduces individuals to the benefits of physical activity to help reduce risk factors for chronic disease and manage existing medical conditions with potential to lessen medication use.

The programme aims to encourage people of all ages and abilities to become and remain more physically active, improve health and well-being and be confident in all aspects of life.

TESTIMONIALS

"I have benefited massively from Healthwise. I find getting up and down from the floor and kneeling easier. I'm looking forward to increasing my muscle strength before my total knee replacement."

"I feel 100% fitter and mentally happier. My future goals are just to keep feeling fitter."

"I am much happier, feel so much healthier and my energy levels are far better. All the staff have been amazing. I have had much support along the way and have made so much progress in just 14 weeks. Loving swimming in the pool!"

BETTER

UK active AWARDS WINNER 2024 Physical Activity Hero Award

CONTACT HEALTHWISE

If you have any questions or queries regarding the Healthwise service please contact your local Better Leisure Centre:

BetterHealthKendal@gll.org | 07927 511375
BetterHealthUlverston@gll.org | 07927 518085
betterhealth.Eden@gll.org | 07743 362383 (Penrith)
betterhealth.Eden@gll.org |07483 034707 (Appleby)

HEALTHWISE: PHYSICAL ACTIVITY REFERRAL SCHEME

Westmorland & Furness Council

CERTIFIED SOCIAL ENTERPRISE · BUSINESS FOR GOOD

BETTER

WHAT IS HEALTHWISE?

The scheme is for Westmorland and Furness residents or patients registered with a Westmorland and Furness GP/doctors surgery who are physically inactive.
It is designed to assist people with medical conditions or other specialist requirements that may be a barrier to accessing mainstream activity in leisure centres.

Common reason for referral:

- High blood pressure.
- Diabetes.
- Asthma.
- Circulatory / Respiratory diseases.
- Depression and anxiety.
- Arthritis.

HOW CAN BEING MORE ACTIVE HELP ME?

Regular activity can reduce the risk of major illnesses, such as heart disease, stroke, diabetes and cancer.
Regular activity will help to:

- Keep your heart strong and healthy.
- Reduce stress, anxiety and improve mental wellness.
- Assist with weight loss and weight management.
- Strengthen your muscles.
- Improve your mobility, posture and balance.
- Improve your quality of life and overall health.
- Assist with smoking cessation.

WHAT ACTIVITIES ARE AVAILABLE?

Healthwise offer a range of activities to suit all abilities at your local Better Leisure Centre. Your Better Health facilitator will help to identify suitable exercises, such as:

- Exercise to music.
- Individualised gym programme.
- Swimming.
- Chair-based classes.
- Pilates & yoga.
- Aqua aerobics.
- Gym based supervised sessions.
- Strength and balance exercises.

HOW TO GET INVOLVED

If you are interested in Healthwise, please speak to your Healthcare Professional who must refer you. If your Healthcare Professional is not registered with Healthwise then please contact the Better Health Team at your local Better Leisure Centre. If your Healthcare Professional feels you may benefit from Healthwise they will need to complete a referral form and send it to the Better Health Team, who will then be in touch to screen your referral form and arrange your Initial Consultation.

If you are interested in being referred to the Healthwise scheme, please speak to your GP, practise nurse or allied health professional.

THE BETTER HEALTH TEAM WILL INVITE YOU TO AN INITIAL CONSULTATION AT YOUR LOCAL BETTER LEISURE CENTRE TO DISCUSS YOUR REFERRAL FORM DETAILS, TAKE BASELINE MEASURES AND MAKE YOU AN ACTION PLAN.

We will deliver additional support by...

- Assessing & monitoring your progress.
- Provide motivation and encouragement with regular check ins.
- Advice on how to exercise safely and confidently, taking your medical conditions and medication use into consideration.
- Answer your questions and help you reach your goals.