





## WHAT IS HEALTHWISE?

The Healthwise physical activity referral scheme introduces individuals to the benefits of physical activity in order to help reduce risk factors for chronic disease and manage existing medical conditions.

The programme aims to encourage people of all abilities to become and remain more physically active, helping to increase activity levels and improve health and wellbeing.

## WHO IS HEALTHWISE FOR?

The scheme is for residents of Croydon who have a medical condition which can be helped by a regular exercise routine.

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.

## 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
- To reduce stress and anxiety
- To assist with weight loss and weight management
- To strengthen your muscles
- To improve your mobility and improve posture
- To assist with smoking cessation
- To improve your quality of life and overall health.

## WHAT ACTIVITIES ARE AVAILABLE?

Healthwise offers a range of classes to suit all abilities. Your facilitator will help you select suitable classes.

### Your physical activity programme may include some of the following:

- Gym-based supervised sessions
- Use of the swimming facilities
- GP referral classes.

## HOW WILL THE TEAM SUPPORT ME?

### The Healthwise team will help:

- Assess and monitor your progress
- Motivate and encourage you during your activity programme
- Advise you on how to exercise safely and with confidence
- Answer your questions.

## HOW TO REGISTER:

If you are interested in Healthwise please speak to your GP, practice nurse or healthcare professional who must refer you. If your GP is not registered with the scheme then please contact the Healthwise Coordinator on the contact number on the back of this leaflet.

If your GP, practice nurse or healthcare professional feels you may benefit from Healthwise they will need to complete a referral form and send it on to the Healthwise team.

Healthwise will then contact you to make an appointment for you to attend an initial assessment with one of the facilitators.

You will then be registered for a course of supervised or unsupervised activity for 12 weeks.