

SUPPORTING CHANGE FOR YOUR ACTIVE FUTURE



About the programme: A

Be Active Be Well is about helping you to make positive physical activity changes. The programme explores your motivation to change and looks at why becoming more physically active is important.

The programme is facilitated by HSE, Physical Activity Health Promotion Officers from the Health Promotion and Improvement Department, Cork Kerry Community Healthcare.

How will the programme be delivered?

There are 5 sessions in total; each session is 2 hours long. The first four sessions take place once a week over 4 weeks & then 8 weeks later is the 5th and final session. These group sessions take place in local community venues.

What is involved in each session?

Session 1:
Getting
Motivated

Reasons and motivations for change and ways to move forward.

Session 2: Setting Goals

Importance of setting realistic goals and identifying what activity level you should reach to gain most health benefits.

Session 3:
Overcoming
Barriers

Ways to overcome barriers and how to make changes, maintain them and manage setbacks.

Session 4: Finding Supports

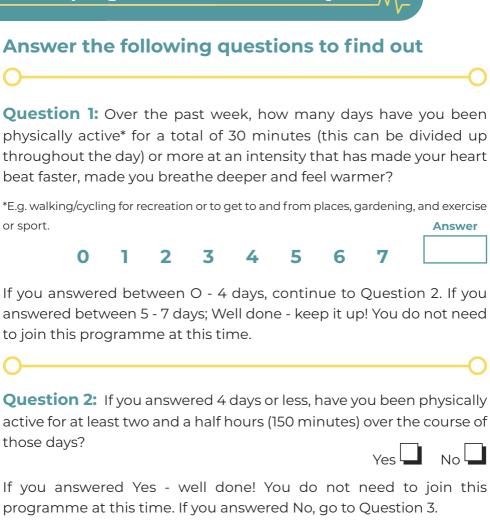
Opportunities, supports and resources to help you to become more active.

Session 5: Sharing & Celebrating

Share and celebrate achievements. Reflect on experiences, maintaining changes and setting new goals.

The sessions consist of input from programme facilitators, group participation, individual reflection and also include practical exercises e.g. stretching, walking, strength & balance.

Is this programme suitable for you? $\mathbb{N}_{\mathbb{Z}}$



If you answered **Yes** then the Be Active Be Well programme may be of interest to you. To apply, please fill in your details overleaf.

Question 3: Are you interested in becoming more physically active?

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Date & Location of the BABW programme you are applying for:
(if unknown, we will contact you when there is a programme running in your area)
Name:
Contact Address:
Eircode:
Mobile No:
E-mail (please print):
General Data Protection Regulation (GDPR) requirements: Please tick the box to give consent to hold your individual information on file and/or to make contact with you in the future
Signature:
Date:

Please return the completed form to:

Health Promotion & Improvement Department, Eye, Ear & Throat Hospital, Western Road, Cork.

For more information or to receive an online form please



email: hpd.south@hse.ie
or phone: 021 4921641

