



## **SUPPORTING CHANGE FOR YOUR ACTIVE FUTURE**



### **About the programme:**

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?



## Answer the following questions to find out

**Question 1:** Over the past week, how many days have you been physically active\* for a total of 30 minutes (this can be divided up throughout the day) or more at an intensity that has made your heart beat faster, made you breathe deeper and feel warmer?

\*E.g. walking/cycling for recreation or to get to and from places, gardening, and exercise or sport.

0   1   2   3   4   5   6   7

Answer

If you answered between 0 - 4 days, continue to Question 2. If you answered between 5 - 7 days; Well done - keep it up! You do not need to join this programme at this time.

**Question 2:** If you answered 4 days or less, have you been physically active for at least two and a half hours (150 minutes) over the course of those days?

Yes  No

If you answered Yes - well done! You do not need to join this programme at this time. If you answered No, go to Question 3.

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

Yes  No

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.

# Application Form

**Date & Location of the BABW programme you are applying for:**

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(if unknown, we will contact you when there is a programme running in your area)

**Name:** .....

**Contact Address:** .....

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**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](mailto:hpd.south@hse.ie)

or **phone:** 021 4921641