

# Health for Life

Limavady Programme • Autumn 2018

## Monday

**MOVERS**  
10-10.45am



10.30-11.15am  
**G•PARS SWIM**



Get Active  
**HIIT**  
1-1.30pm



**COUCH TO 5K & RunFIT**  
7-8pm

## Tuesday



**CHOOSE TO LOSE**  
10.30-12pm

Get Active  
12-12.30pm



**Nutrition** 'Choose to lose' and 'CookIT' programmes enable clients with the tools and information to cook, shop and budget better, healthier meals for themselves to encourage better outcomes along with their increased participation in physical activity programmes. 'Choose to Lose' encourages 1lb/week weight loss and offers a weekly weigh in along with the tools to encourage these small nutritional changes to 'clean-up' their dietary choices.

**GP Referral** A specific exercise programme for each individual referred from their GP or health professional meeting the required criteria. Includes 12 weeks of group exercise to improve health and well-being. G-PARS clients are then encouraged to continue their improved lifestyle via other 'Health for Life' programmes.

**'MaleFIT'** These sessions are aimed at men who wish to get together and 'move more' through a variety of circuits, danderball, and racquets sessions. A physical activity with a social get-together. Tea and coffee provided weekly.

**Healthy Towns** Programmes and groups designed to encourage individuals of all abilities to try something new and get into a long-term activity within their local areas.

**NHIP** (Neighbourhood Health Improvement Project) These programmes and projects are designed to reach out to the local communities to come along and attend a variety of health and well-being programmes aimed to improve physical, mental and social well-being. Providing opportunities for individuals who are new to exercise and want to start their lifestyle changing journey.

## Wednesday

**BEST FOOT Forward**  
10am  
Walking and Nordic Walking



12-1pm  
**G•PARS CIRCUIT**



Get Active  
**HIIT**  
1-1.30pm



**MOVERS**  
6.30-7.15pm



Get Active  
6.30-7.45pm

**Swimming**  
9-10am

## Thursday

**YOGA**  
9.30-10.15am



11.30-12.30pm  
**MUM & ME FIT**



**Male FIT**  
11.30-12.30pm



**COUCH TO 5K & RunFIT**  
7-8pm

## Friday

**TURN UP & TONE**  
9.30-10.15am



**G•PARS SWIM**  
10.30-11.15am



Get Active  
**HIIT**  
1-1.30pm



Sport, Health & Well-being- All activities & projects are delivered and monitored by 'Sport, health and well-being' staff. For any further information please contact: