



# CENTRE FOR WELLBEING INFORMATION

---

## WHAT IS THE CENTRE FOR WELLBEING?

This is a dedicated space to help you improve your wellbeing comprising of a team of Wellbeing Physiologists working with multiple types of exercise equipment to help improve your wellbeing, dependent on your needs.

---

## WHAT PROGRAMMES ARE AVAILABLE?

You may either be enrolled into the Functional Restoration Programme (FRP) or Body Ready Programme (BR), and you will receive email confirmation of which programme you will be undertaking.

---

## WHAT SHOULD I EXPECT?

You'll be checked in and introduced to your Wellbeing Physiologist who will guide you through your appointment.

If you're asked to complete a questionnaire, complete this ahead of your session and then bring it with you.

Please wear comfortable, gym or loose-fitting clothing, supportive trainers and bring a water bottle. There are nearby changing facilities and a water station if required.

---

## HOW DO I ARRANGE APPOINTMENTS?

Upon completion of your initial session, you will then be booked in for a follow up appointment at a time that coincides with your work shift patterns. If you cannot attend your appointment for any reason, cancellations or rearrangements need to be requested via line manager and require 48 hours' notice.

---

## SESSION OVERVIEW

The first session will take around an hour, we'll run through some background history, screening (inc BMI, blood pressure checks) and then get started with some goal setting.

You'll then have 4 further sessions where we'll focus on personal exercise, activity and programmes.

You'll also be given access to Physitrack, an online platform that allows you to follow and complete exercises given to you by your Physiologist.

For your final session, we'll reflect on the goals achieved and how you've found your wellbeing journey.

## BODY READY PROGRAMME

- The Body Ready Exercise programme is 6 sessions long, designed to help improve aspects of wellbeing including weight management, depression/low mood and fatigue.
- You will learn how to progress your own exercise within safe and healthy parameters to achieve your health and fitness goals, whether this is to improve your health/fitness status or within injury rehabilitation.

## THE FRP PROGRAMME

- The Functional Restoration Programme is 6 sessions long, and is a work based progressive exercise programme aimed at improving the physical fitness of an employee.
- The programme is primarily aimed at employees who are struggling to undertake a work process or are likely to struggle in the future, and/or is aimed at musculoskeletal rehabilitation.

