



University
of Glasgow

UofG
SPORT

Active Lifestyle

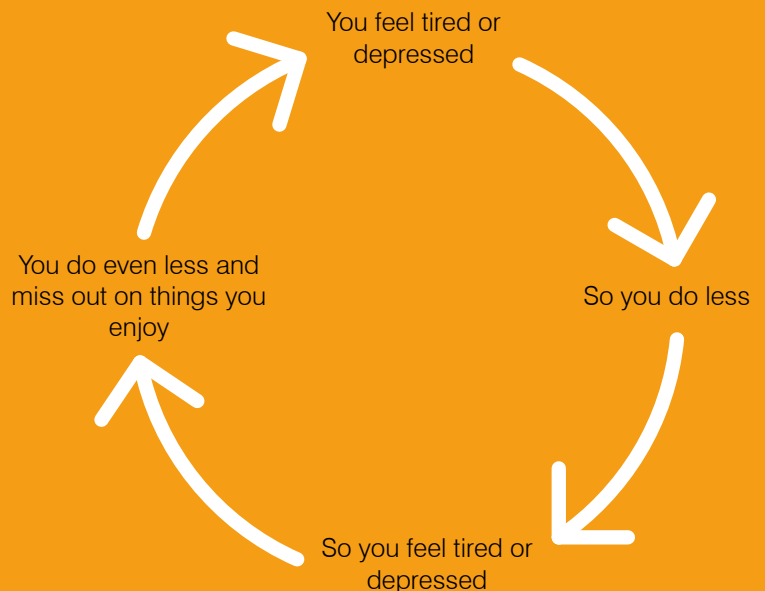
Wellbeing Programme

One in four of us will experience a mental health issue at some point in our lives. Research has shown that participating in regular physical activity can have a huge impact on not only our physical health but also our mental health. Physical activity can relieve stress, boost our mood and energy levels, as well as give us new-found confidence and self esteem. UofG Sport has created a self-referral programme with the aim to improve UofG Staff and Student activity levels and their mental wellbeing.

● Why should I become more active?

- Exercise / Physical Activity helps to keep our mind and bodies healthy. When we take part in some form of activity, endorphins are released into our bodies; these are powerful chemicals in the brain that energise you and help you feel good
- Regular activity is key to developing strength, coordination and body composition
- Regular structured activity that you enjoy assists you achieving goals giving you a sense of purpose
- Participating in physical activities offers many opportunities. It can be a great way to meet new people or it can give you the opportunity to find some quiet time out from everyday life
- Leading an active life can help boost your self-esteem and improve your confidence. It can help you feel valued - and value yourself

When we feel low, we can feel like doing less



● How do I apply?

If you are are interested in applying please complete our short [Wellbeing Survey](#).

The form will be reviewed by Ewan and Kyle the Staff & Student Wellbeing Coordinators at UofG Sport. You will recieve a response within five working days and may be invited for consultation.

For any queries regarding the programme or for further information please get in touch with us at exerciseadvice@glasgow.ac.uk



Ewan Eccles
Staff & Student
Wellbeing
Coordinator



Kyle Johnson
Staff & Student
Wellbeing
Coordinator

What does the programme involve?



This is a six-week well-being programme introducing beginners to physical activity through 1-2-1 coaching sessions (and small group training sessions) with Active Lifestyle Wellbeing coordinators.

The programme is supported by the University of Glasgow and there is no cost to apply and complete the programme

Places are limited on the Wellbeing programme and if you are invited for a further consultation Ewan or Kyle will be in contact with you via email to arrange a suitable date, time, and venue to meet. If this is not possible, we will set up an online or telephone consultation, whatever suits you best.

During this consultation we will discuss the following:

- Exercise/physical activity history
- Personal goals
- Current challenges/barriers to exercise
- Guidance on how to stay active
- Agree weekly time slots for one to one sessions (2 x 30 minute sessions per week) (Either in person or online via zoom)

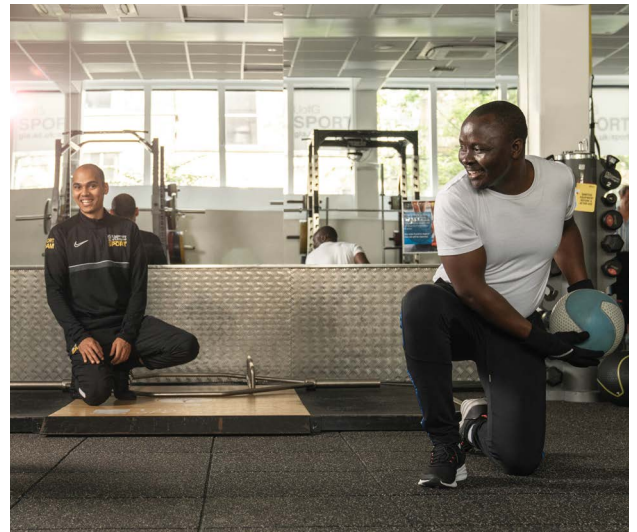
At the end of the six week programme you will be asked to complete the initial questionnaire again and a review consultation will be organised. At the review consultation advice on how to remain active will be given and there will be a discussion about other opportunities that may be available. A further two review consultation dates will be set at three and six months intervals.

Note: All participants in the self-referral programme must read and agree with the Health Commitment Statement displayed throughout UofG Sport and [online](#).

Participant Feedback

“The Wellbeing Programme and the training sessions with Ewan helped me to find new ways of working out and building strength. I now feel more confident in the gym and I can use exercise as an outlet during stressful times. Overall, I really enjoyed and benefited from the programme!”

“The Wellbeing Programme helped me incorporate sport into my daily life. After an introductory meeting and some recommendations, you get to choose how you want to tackle the programme and what range of activities you are most interested in. Through 1 on 1 sessions, I was able to get the support and structure that I required to get started on fitness rather than facing them on my own with no previous experience. If, like me, you feel like you never have the time or energy to exercise but you know you need to change that, this is an excellent starting point.”

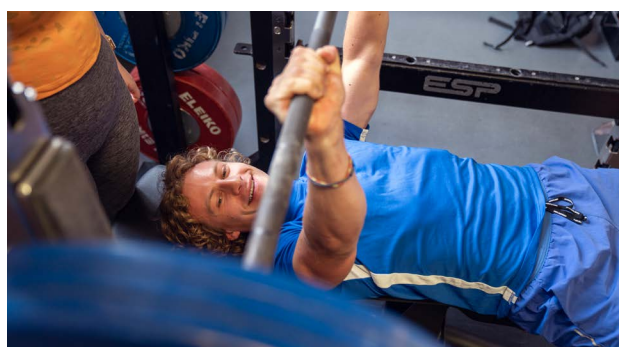
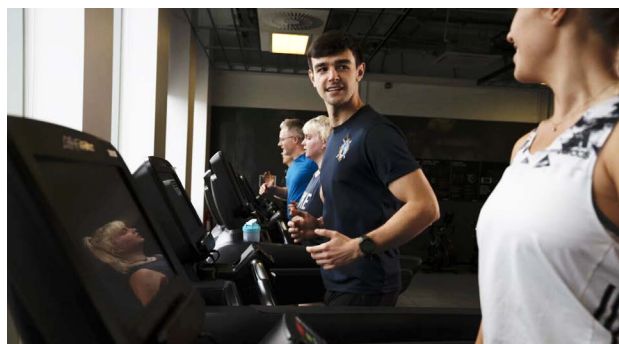


“I hadn’t participated in a programme like that before so wasn’t sure what to expect but I found Ewan approachable, personable and friendly, and he took a lot of time to take me through various ways of exercising to help me find something that worked for me. I found the programme really beneficial/ positive for my wellbeing and it has put me back into a much better routine and made me more motivated to exercise.”

“The advice and support I have received from Ewan for the wellbeing program has been extremely helpful. Ewan has a friendly, approachable but professional manner. At a time where exercise did not seem possible to me, Ewan put my mind at ease and was always supportive during the sessions. I would not hesitate to recommend the wellbeing program to my colleagues.”

After programme completion

After the 6 weeks is up and the sessions completed, we will continue to support you, your fitness goals, and your well-being by offering several follow-up opportunities so that you can keep progressing! These opportunities include; drop-in recreational sports sessions, drop-in gym-based sessions, walk incentives, a buddy system, a mailing list with tips, recipes, check-in sheets, and the list goes on! This will ensure you have the resources to push on from the programme and make a real change!



Useful links:

- [Classes list](#)
- [Sports clubs and buddy information](#)
- [Nutrition Guidance](#)
- [Wellbeing Info](#)

**Recreational Sport Sessions
in the Activity Hall
Every Monday 12:15 - 13:00**

**Group Wellbeing Sessions in Studio 1
Wednesday 11:00 -12:00
Friday 12:00 - 13:00**