

# ACTIVE LIFESTYLE programme



# ABOUT US




Active Lifestyle Programme began in December 2020 in partnership Queen's Student Wellbeing Department. This referral programme was created as a service to help improve mood and mental wellbeing through a physical activity programme.

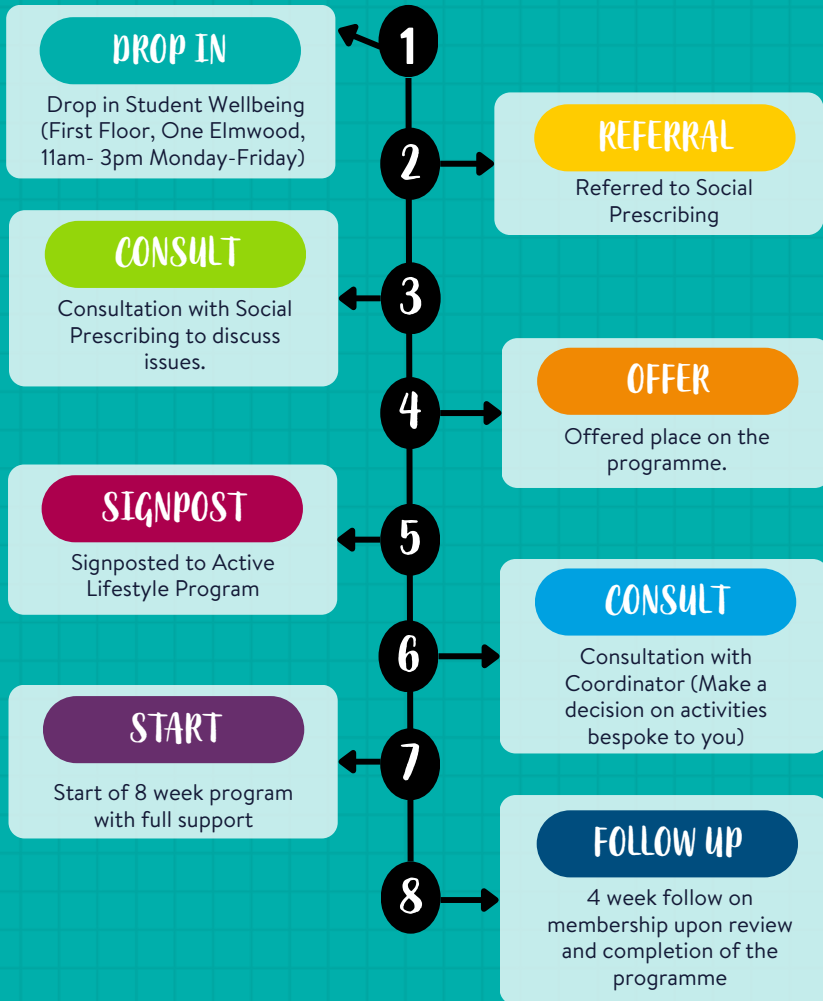
We understand that student life isn't always plain sailing and there will always be obstacles that you need to navigate. Our job is to give you the tools and strategies to help you overcome these challenges. We will be with you every step of the way to ensure you get what you need and want from the Active lifestyle programme.

The aim is to get you the student, moving more, raising your confidence levels, and enhancing your overall student experience at Queens University by enhancing physical and mental wellbeing. The programme is bespoke to you and it is our job to help you find the right path to take.

As of April 2024, we have expanded the programme and with the help of Social Prescribing we are able to increase the number of students that we are able to support. Along with this expansion, the program has grown to 8weeks with several interventions available to you.

- **1 TO 1 GYM CONFIDENCE BUILDING SESSION**
  - **GROUP FITNESS SESSIONS.**
  - **CLUBS & SOCIETIES**
  - **ACTIVE CAMPUS INITIATIVES SUCH AS COUCH TO 5K**
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# PATHWAY OF THE PROGRAM



## HOW CAN THE PROGRAMME HELP YOU?

- Build confidence by giving you the opportunity to get out of your comfort zone and try new activities'
- Meet new people
- Increase your sense of belonging at Queens
- Supporting you in taking control of your physical and mental wellbeing

# TESTIMONIES

“ The help and support through the active lifestyle program really helped me improve my mental state both mentally and physically ”

“ I hope this programme can be broadcasted to more students and they can invite students to be volunteers in this programme and help more people ”

“ I now have a toolkit of techniques and a range of activities to partake in that I know can help me to get out of a rut ”

“ My sense of belonging has increased because of the Queen's University student wellbeing referred me for this programme and it has shown me that they really do care about my wellbeing ”

## HOW TO REACH OUT

The Active lifestyle program is a service within Queens Sport and a partner of the SU Social Prescribing Programme.

If you think you would benefit from the programme contact:

Drop In Sessions at Student Wellbeing (First Floor, One Elmwood, 11am-3pm Monday-Friday)  
[wellbeing@qub.ac.uk](mailto:wellbeing@qub.ac.uk)  
[activelifestyle@qub.ac.uk](mailto:activelifestyle@qub.ac.uk)



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