



University
of Glasgow

UofG
SPORT

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

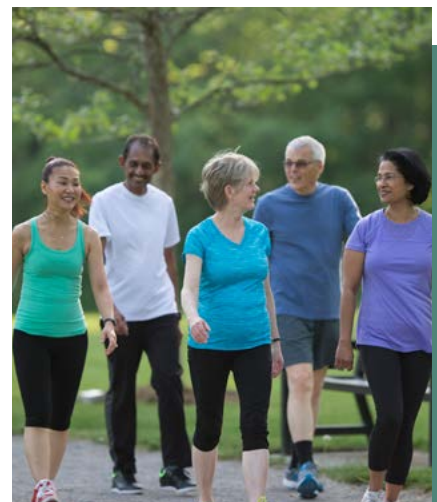
When we feel low, we can feel like doing less



● How do I apply?

If you are are interested in applying please complete [the online form](#).

The form will be reviewed by a member of the Active Lifestyles team. 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 or Ewan.Eccles@glasgow.ac.uk



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. There is no cost for staff and students to apply and complete this programme.

There are limited spaces available on the Wellbeing program, but should you be invited for a further consultation, the Active Lifestyles team 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 6 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](#).

*Following COVID guidelines

Participant Feedback

“Absolutely amazing, I feel very confident exercising on my own now. I was in a very different place before this programme and so I am very thankful for the chance to be involved and for Sam for encouraging me all the way.”

(4th year Undergraduate Student)

The program gave me an opportunity to get a break (physical and mental) from work during the working day. This allowed me to reset and mentally relax before going back to work. I also felt much healthier after the exercises and have been recommending the programme to colleagues at work.”

(Staff Member)

“My overall experience of participating in the well-being programme was positive and I would recommend to others. The combination of a great trainer and access to good facilities meant that the programme provided a lovely springboard to moving back into exercising, after having an extended period of relative inactivity.”

(Staff Member)



“I had just been diagnosed with anxiety a few days before starting the programme began and since joining this programme, I feel so much better and less worried and enjoying life. More so, I am even enjoying exercise. From someone who never set foot in gym despite having free membership (being a halls resident), I am becoming someone who cannot wait to get back in the gym. I also made friends with a professor who is a regular gym user, which would never have happened if I hadn't participated in these sessions.”

(International Student)

“I am so glad that I responded to the initial email that was sent around because I and others have seen a marked improvement in both my physical and mental health. I have finally had something to look forward to which I hadn't in a long time. I have now got a gym membership and encouraged others to do the same and signed up for a local sports club to find a new hobby which I can't wait to get involved in. I would strongly recommend the program to others because without being dramatic it helped changed my life in more ways than one.”

(Undergraduate Student)

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 \(staff\)](#)
- [Wellbeing Info \(students\)](#)

During the programme, you will also receive a weekly/monthly newsletter full of tips, and helpful resources!