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Themes: Health and Wellbeing, Healthier Lives, Low Mobility Classes, Physical Disabilities, Specific Health Conditions

Aimed at: All People

Chair based exercises to improve strength and balance, available both as a 1-1 home setting or in a group/community setting.

Safe, effective and fun exercise sessions to help prevent falls, improve confidence and independence and improve posture.

Sessions are delivered by a fully qualified chair based exercise leader, fully insured and a member of REPS (register for exercise professionals).

The exercises consist of strength and balance training and can be adapted to suit all needs.

Being active can have a positive effect on how we feel and can actually increase our energy levels and help us with day to day activities.

Exercise sessions also enable us to be socially interactive whilst being in a safe, friendly environment.

Sit tall, stand strong exercises are proven to help hearts and muscles become healthier. They are proven to:

Help prevent falls, Improve mobility, Help with joint stiffness/pain, Help with everyday tasks, Improve stamina, strength and energy, Improve balance and posture, Increase confidence and independence, Reduce stress and low mood, Enable regular sleep pattern

'Having worked in the care sector for 20+ years, I have a passion and enthusiasm for enabling people to be more independent and feel more confident. The sessions I deliver are specialist, evidence based, effective exercises for all people, especially older people, disabled people and stroke survivors'.

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