LONGBARN RESIDENTS' ASSOCIATION

"Working together for our Community"

Registered Charity No. 1170309

SPOTLIGHT ON … SEATED EXERCISE CLASSES

Welcome to the second in a new series of spotlights on issues which we believe are of general interest across our community.

Sit down for fitness ~ Our residents are looking to boost their fitness by getting involved in our chair exercise class at Padgate Village Club. The 1-hour sessions are held every fortnight on a Friday at 2.15pm, & led by Danny, an ex-army instructor who guides us through a routine of gentle exercises to help with our joints.

it's never too late to start an exercise program & reap the benefits of physical activity. For folk who've lost a step or two in their later years, or who are battling the effects of chronic pain or disability due to injury or health condition, our exercise programme can improve strength, cardiovascular health, mobility & balance, all from the comfort of a chair.

"Wish it was held every week."

"When I've been in the house on my own all week it's just so good to come out & enjoy the company."

"I like the company & the health benefits ~ keeping me mobile."

"I enjoy the company & I enjoy the exercises. And hopefully it will do me good."

"I go for the exercise & the company. We have such a good laugh & it relaxes you, as well."

"I come to exercise classes every other Friday at the Village Club. I find it invigorating. People think it's easy to do. Come & try it ~ you'll enjoy it."

"I enjoy it more than I thought I would when I first came. I have neck & shoulder problems & it's helping me with that."

"I like coming & I enjoy the people & the exercise. & my family think I'm brilliant for doing it!"

"The instructor is very good. He makes it fun to exercise & It's a laugh."

"I feel it helps with the problems I have. I've only just started & I'm hoping to improve in the long run."

Danny Wright leads the classes & says, "I've lived in this area for 30-odd years & came back from the Forces as a physical training instructor. Because I love the area I wanted to give something back. I've grown up with a lot of these people & it's nice to see them & see the efforts they're making to improve their health. It's really good to see the recovery that people are getting from these sessions. It's really positive. I love the banter & the atmosphere because it's not too prim & proper & we do like to keep a laughing, positive atmosphere."

Don't worry if you've not done much for a while ~ these seated exercises are gentle & easy to follow, will help improve your mobility & help prevent falls.

Entry is £3 (to help cover the cost of running the classes) which includes refreshments afterwards. Just feel free to turn up. Or if you can't get to the Club under your own steam, get in touch (ring 01925 820647 & leave a message) & we'll arrange a lift to & from the venue free of charge.

Please tell us what you think about this new series of SPOTLIGHT ON … articles. And if there is anything you would like us to spotlight on in future editions, do please write to us at longbarnra279@gmail.com Or ring 01925 820647 & leave a message.