



SIT DOWN FOR FITNESS ~ SEATED EXERCISE CLASSES

If you've not been before, & are looking to boost your fitness (or just ease those aching joints) our chair exercise class will guide you through a routine of gentle exercises.

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 an 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."

This is what our residents have to say about our seated exercise classes

"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. She 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."

Leanne Parr, who leads the classes, is from an entertainment back ground having trained at The Italia Conti School in London, then travelled the world as a professional dancer before getting all her exercise qualifications. She has worked in the fitness industry for over 10 years & as well as pitching the exercises to help regain fitness at your own pace, ensures that the atmosphere in the room is upbeat & positive.

Classes run alternate Fridays 2-4pm at Padgate Village Club. Our next class will be held this Friday, 10 February.

Don't worry if you've not done much exercise for a while ~ these seated exercises are gentle & easy to follow, will help improve your mobility & help prevent falls. Refreshments afterwards. Meet new friends. Give it a try.



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