



BODYFOCUS

www.bodyfocus.org.uk

Fit 'n' Fifty(+) Exercise for the Older Person

Are you a fitter older person who enjoys exercise?
Would you like to join a local exercise class which covers
aerobic fitness, strength and balance?

Then why not come along and try these sessions

STARTS 11 SEPTEMBER 2018

Tuesday Mornings from 11.30 - 12.30

Have fun, get fit, tone up, have more energy, lose/control weight,
get into your favourite clothes, feel better about yourself, make
friends and make a permanent change.

All Saints Church Hall

Hambledon Road, Denmead PO7 6NN

Just £4.50 per session

FREE on 11 September 2018

No Membership fees

For further information call

TERRI

023 9224 1764

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The British Association of
Sport and Exercise Sciences
Certified Exercise Practitioner



Fit 'n' Fifty(+) Exercise Sessions

Fit and Fifty(+) is an exercise session designed for the older person (50+) who wants to get/keep fit. It is suitable for men and women and can help to increase stamina, strength, balance and flexibility making every day tasks easier and improving mobility.

The session begins with a group warm-up and stretch, then a series of aerobic exercises conducted in circuit style, followed by group strength and balance exercises and a stretch/cool down. The aim is to improve overall fitness, strength, balance and flexibility.

Exercise equipment will be used from time to time e.g. resistance bands, weights, steps, balls and this will be provided as required.

This class includes floorwork so you will need to get down to and up from the floor.

These sessions are intended for the fitter older person, however, if you have a health condition such as diabetes, high blood pressure, heart disease, asthma or you are severely overweight, you may benefit from an alternative class or need a referral from your GP. Please contact me for advice and/or to obtain a referral form.

Generally speaking exercise is good and appropriate for many health conditions and can help with a weight loss/maintenance programme.

I look forward to meeting you soon.

Please get in touch if you need more information:

Terri

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078 5484 8201

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WEAR LOOSE CLOTHING THAT YOU CAN PEEL OFF, BRING A DRINK AND A MAT/TOWEL FOR FLOORWORK

July 2018