

**MOVE IT
OR LOSE IT!**®



“I love the fun & friendship; it’s given me a new lease of life!”

Move It or Lose It classes have been developed by experts to help you to improve your flexibility, aerobic health and balance for greater strength.

Classes are suitable for the following people:

- Adults who want to improve their flexibility, strength, balance and aerobic capacity
- Adults with long-term health conditions such as COPD, cancer or heart disease
- Adults unable to exercise standing due to problems with balance or wheelchair users
- Adults wanting to exercise as well as socialise in a relaxed, friendly environment

Class cost is £3.60 or free for members



FABS

Flexibility | Aerobic | Balance | Strength



“Scientifically proven to improve muscle strength leading to better balance to reduce falls risk.”

Professor Janet Lord, Director of The Centre for Healthy Ageing Research

 **everybody**

Registered Charity No. 1156084

To find out more or even see the class in action visit:

www.everybody.org.uk/move-it-or-lose-it

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