

# Strong and Steady Exercise Classes

Helping to improve your  
strength and balance



**Strong and Steady Exercise Classes** are designed to help if you feel unsteady on your feet or have had a fall.

The classes aim to improve your strength and balance and will help you to feel more confident when you are out and about.

## What happens at a class?

In your group, your instructor will guide you through some exercises to help increase your stamina and balance on the move.

You will then work through exercises to help build your muscle and bone strength and learn how to get up from the floor safely, should you have a fall. The classes will finish with some relaxation and stretching. We will provide you with a booklet containing a selection of exercises from the classes. We would encourage you to practice these exercises at home, to make the most out of the programme.

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*It is a good friendly atmosphere and I notice everyone goes out smiling.*

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**Exercises can be done seated or standing so all abilities can take part.**





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*These are excellent classes, both physically and socially. Our instructor is excellent and has lovely rapport with class members. The exercise has progressed in difficulty at a sensible pace and made such a difference. I can't wait to continue the follow on class.*

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**Each exercise class lasts about one hour and costs £3.50.**

## How do I join?

The Strong and Steady Exercise Classes are available by referral from your GP or other Health Professionals, or by self-referral. Once you have been referred, the Strong and Steady Co-ordinator will contact you to let you know where and when the classes are available. We will try to make this as close to your home as possible. Unfortunately we cannot provide transport but we can help you to find a local community transport scheme.



**The classes are held at community venues across Worcestershire.**

## What happens when the course finishes?

We can help with information about staying active and being independent. Your instructor will be able to advise you on future suitable activities, as well as people and organisations that can help.



## Yes - sign me up!

To be referred onto the Strong and Steady Exercise Classes, please fill out the self-referral form below and post it back to us. For more information about the classes, please contact the Strong and Steady Exercise Classes Co-ordinator:

 **01905 855498**

 **activehw@worc.ac.uk**

You can find more information online at

 **[www.activehw.co.uk/strong-and-steady](http://www.activehw.co.uk/strong-and-steady)**



Name

.....

Contact Number

.....

**By ticking this box I give permission for you to contact me regarding the Strong and Steady Exercise Classes**

### Do you experience any of the following?

- Have a history of falls       Fear of falling
- Feel unstable on your feet       None of these

### Which district do you live in?

- Wychavon       Wyre Forest       Malvern Hills
- Worcester City       Redditch       Bromsgrove

*Please send your completed form to*  
Strong and Steady Exercise Classes,  
Active Herefordshire and Worcestershire, Hines Building,  
University of Worcester, Henwick Grove, Worcester WR2 6AJ

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