

What can regular exercise do for you?

- Increase levels of HDL or "good" cholesterol
- Lower high blood pressure
- Improve the health and efficiency of your heart and lungs
- Help improve body composition by burning fat (Play a big part in controlling weight, and in improving body shape and posture)
- Promote healthy blood sugar levels
- Promote bone density /Increase bone-strength and help delay the onset of osteoporosis.
- Improves the movement of joints and increases
- muscle strength to lift, push and pull.
- Helps with posture and reduces the risk of falls.
- Boost the immune system (Keep common diseases, such as colds and influenza at bay)
- Improve mood and reduce the chance of depression (Help you feel good in both body and mind) (Help you to relax, cope better with anxieties and stress, and sleep better
- Improve your self-confidence and sense of well being. (Helps to alleviate isolation and Loneliness)

Here are a few points to consider before beginning your exercise programme.

What to wear:

- Wear loose and comfortable clothing
 - Wear flat shoes or trainers
- (Please NB – Some particular physical activities may require certain clothes)

Eating and drinking:

- Do not eat a heavy meal for up to 2 hours prior to exercise
- Bring a drink with you
- Take small sips of water during your session
- Aim for 6 – 8 glasses of water per day

Taking care of yourself:

- If you have a cold, temperature or sore throat or any other health concerns contact your GP before commencing exercise