

## How fit are you?

**Breachwood Green Active Together** aims to provide opportunities for members of the community, the Parish and the surrounding villages to improve their health and fitness. At present we provide three sessions a week:

**Tuesday – 10-11 a.m. – Badminton** + qualified instructor (for people 50+) held at Venue 360, Luton, Beds. 3 courts available £3 a session

**Wednesday – 7:30-9 p.m. - Table Tennis** -3 tables available (for people 20+) held at Breachwood Green Village Hall. £2.50 a session

**Friday – 10a.m.- Exercise & games** + qualified instructor (for people 50+) £3 a session  
**11a.m. – Badminton** - 1 court available £2.50 a session Both held at Breachwood Green Village Hall.



In addition to improving fitness, these sessions provide a welcoming social environment. We cater for all abilities, for example we can offer seated exercises for those who are less mobile as well as extended activities for those who are more active. In addition, our members are offered the opportunity to have fitness assessments quarterly.

The Friday sessions are led by our qualified fitness instructor and include exercise circuits, stretches, resistance and seated exercises, badminton, table tennis, walking football, half court netball, rounders, hockey, quick cricket, boules, and indoor curling. It is the qualified fitness instructor who monitors our fitness levels. He provides encouragement, support and advice and helps us to maintain a healthy body as well as working on our co-ordination, both physically and mentally, brushing up old skills and introducing many new ones. His enthusiasm is infectious and he makes these activities varied, fun and interesting.

Studies show that older adults who do physical activity are healthier and less likely to develop serious long-term conditions than those who don't. Provided you go about it sensibly, exercising has very few risks, and certainly fewer than result from not doing physical activity. Starting an exercise programme is also a great way to improve your quality of life and make new friends.

There are many health benefits of an active lifestyle. Regular exercise can reduce your risk of developing:

- heart disease and stroke
- type 2 diabetes
- osteoporosis, osteoarthritis and back pain
- high blood pressure
- some cancers, such as bowel cancer

Exercise can also improve your muscle strength and tone, which may mean you're less likely to have an accident or a fall that could lead to an injury. As well as these benefits, regular exercise can improve your:

- ability to continue with everyday activities
- cognitive abilities, such as memory and reasoning skills
- sense of wellbeing and self-esteem

If you are active & keeping fit but doing the same activity week after week your fitness will be maintained but may not improve so how about putting variety into your fitness programmes by attending one or two of our sessions?

**Why not join us for a trial session and see what you think!**

Contact: Babs Squires 01 438 833128 or Margaret Ross 01 438 833211