

Staying Steady



We aim to work with people who:

- May be lacking in confidence
- Have a fear of falling
- May have a history of falls
- May be deconditioned due to inactivity

Benefits of Staying Steady:

- Improve mobility, strength, balance and coordination
- Improve confidence
- Support in setting goals and implementing positive habits and behaviours
- Support in continuation with exercise beyond the course



What does the course entail?

- 20 week, progressive strength and balance course
- One hours exercise designed to help you to move better and to improve strength, balance and general fitness
- Each session is followed by a chat / talk around a related topic and a chance to ask questions (nutrition, home safety, managing a fall etc)
- Classes are FREE
- Home Exercises are an important part of the programme. Everyone will be provided with a guide and a theraband
- Zoom classes and support to get online will also be available
- At the end of the programme, participants are encouraged to continue with exercise. The instructor will support participants to seek local options

Inclusion Criteria

- In control of any long-term health conditions
- Able to mobilise independently (or with one or two sticks)
- Capable of standing exercise for a minimum of 5 minutes
- Able to make their own way to the class

To Book:

- E - getinvolved@gatesheadopa.org.uk
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