



Strength & Balance Pre-Fit and Re-Fit

Classes to help you build **strength,**
balance and **confidence.**



Strength & Balance Level 3

Building strength and balance for confidence

If you have had a fall, are concerned about falling, or have noticed you are avoiding doing everyday activities or relying on help because you are worried about losing your balance then this class is for you.

These classes are chair based and designed to improve your strength and balance. They are a great way of starting to get back to feeling confident and reducing your risk of falling.

The class includes seated strengthening and supported standing balance exercises with alternatives for people with reduced mobility.

This is an ideal class if you are looking to maintain independence or as a starting point to progress to something more challenging.

The aim of this class is to help you to progress to L4.

Inclusion Criteria:

Able to sit/stand independently
Able to stand with support

To find out more or to book
email activefenlandbookings@fenland.gov.uk
or call **01354 654321 / 07874 893316**



Pre-Fit Level 4

**Building strength, balance,
stamina and suppleness
for increased confidence
to become more active**



If you have noticed you are feeling less steady on your feet or are worried about falling and struggling with your balance, relying on support or walking aids more than you used to, or avoiding going to places because you are becoming less confident then this class is for you.

These classes focus on improving strength, balance and suppleness to help you feel stronger and more confident.

The class includes standing strengthening exercises (with seated options) balance exercises (with support options) and exercises which develop skills for increased confidence and ability to do more challenging activities, such as getting up from the floor.

This is an ideal class if you are wanting to improve your strength, balance and general fitness to return to doing the things you love.

The aim of this class is to help you to progress to L5.

Inclusion Criteria:

Able to stand unsupported
Able to sustain 10min physical activity

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Re-Fit Level 5



Building fitness and confidence to take on new challenges in life

If you've noticed yourself limiting your activity or you have stopped doing the things you used to do because they are getting more challenging, this class is for you.

These classes will help you regain your strength, stamina and suppleness to be able to continue to do the things you love.

The class includes exercises proven to strengthen your muscles and bones; coordination activities to improve your balance and confidence; endurance for increased stamina; and flexibility for suppleness. The class also offers individually tailored guidance and support to help you progress and achieve your goals.

As part of your exercise plan, it is the ideal class if you are looking to regain fitness.

Inclusion Criteria:

Able to walk independently

Able to get down (and up) from floor

Able to sustain minimum 30min moderate physical activity

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