



There is more to exercise than it appears. Most people exercise to achieve a particular goal. Lose weight, tone up, run a marathon. However in the process you are achieving so much more...

- Reduces your risk of developing coronary heart disease, which is the leading single cause of premature death for both men and women in the UK.
- Reduces your risk of a Stroke
- Reduces blood pressure
- Reduces the risk of developing Type 2 diabetes
- Prevents/lowers High blood pressure
- Reduces the risk of developing certain forms of cancer
- Helps to lower cholesterol levels
- Increases overall fitness levels by strengthening and improving the function of the heart and lungs
- Improves balance, flexibility, strength and co-ordination
- Improves bone strength and decreases/delays the onset of osteoporosis
- Improves/eases musculo-skeletal problems e.g. Back pain, osteoarthritis, and can help with pain management
- Improves mental health and promotes a positive feeling of well-being
- Increases confidence levels and self esteem
- Reduces depression, anxiety and stress
- Improves motivation levels and makes you feel energised!
- Helps with weight loss/weight maintenance
- Improves body composition by decreasing fat mass and increasing lean muscle tissue, which increases the metabolism
- Improves your quality of sleep
- AND physical activity can be fun and is a great way to get out and meet new people!!!