



Health Benefits for Everyone

Moving more often can provide substantial health benefits which helps maintain and reduce the risk of medium to long term health conditions.

Anxiety, Depression & Dementia

High blood pressure

Osteoporosis and other bone disorders

Stroke

Obesity and Diabetes

Cardiovascular Disease

COPD



Next Steps

If you would be interested in exploring our Fit Villages Programme then please contact our team on **01427 615169** or email jakegarratt@everyoneactive.com

We will then arrange a time to discuss activity options that will be suitable for the village venue and local residents, as part of your own bespoke programme.

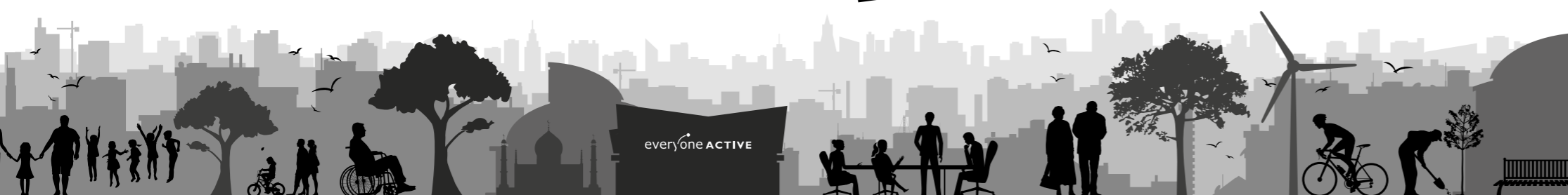


Limited time only!

We are currently offering your first session to village residents for **FREE**.

Fit Villages Programme

Providing opportunities for our village communities to be healthy and happy





Better Health for our village communities

Everyone Active has developed the Fit Villages Programme, which offers a wide range of activity programmes specifically designed for village community spaces. Sessions are group based which helps residents interact with each other.

Everyone Active understand the importance of being active and the positive impact it has on physical, mental, and social wellbeing. We also understand the challenges that currently exist with access to physical activity provision, and therefore,

we are keen to support our village communities by working closely with parish councils and village committees to co-create activities that are suitable, and meet the needs of their local residents.

Everyone Active are working alongside local delivery partners who have significant experience of delivering physical activity programmes to all groups and abilities within the communities.

This brochure will provide some examples of activities that are on offer, however, we welcome the opportunity to discuss how this programme can work for local residents and create your own fit village!

Our Fit Villages Programme

Fitness Circuits



Circuit training includes you participating in a number of exercises at different stations within small groups. A great way to get in shape, and the social element of it means you're likely to stay motivated with the rest of your class!

Yoga / Stretch and Relax sessions



Gain a deeper understanding of how controlled breathing can help balance your mind and body in a class that focuses on flexibility and strengthening exercises. Guaranteed to leave you with a sense of wellbeing.

Bat and Ball Sports



Depending on the facilities, our community coaches can coordinate a range of team sports from walking football, rounders, walking cricket, badminton and table tennis. All we need is a suitable space!

New Age Kurling

Much like the sport played on ice that you may have seen at the Winter Olympics, this game has been adapted so it can be played on any indoor flat surface. It's a game of skill, touch, flair and thought, rather than of speed and physicality.

Boccia

Similar to bowls or pentanque, boccia is a competitive and precision team sport that tests muscle control and accuracy. Aim the boccia ball towards the white jack to obtain as many points as you can!

Bowls



Short mat bowls is a great activity to help you move more and still challenge yourself with other village residents. Similar to boccia but with more speed control and coordination, aim the ball towards the white jack as close as you possibly can!

Low Intensity Dance Workouts



Dance sessions include a warm-up, main routine and cool down, following an aerobic curve format at low intensity. The class is low impact to suit participants for high energy or high impact workouts.

Seated Exercises



A seated yoga and wellbeing programme for seniors with a disability or long-term health condition. Includes upper body movements, as well as classes for both upper and lower body movements.

Seated Dance



A seated dance and movement programme for seniors with a disability or long-term health condition. Includes upper body movements, as well as classes for both upper and lower body movements.

