



## Just 30 minutes a day can make a difference

Health experts believe 30 minutes of exercise a day has a very positive health benefit.

Increasing physical activity is a national priority as regular exercise is seen as a great way to stop the rise in obesity and the related health conditions it causes. Not all people can achieve the recommended level of exercise but extend manages to keep you at a decent level of fitness.

Whilst all precautions are taken to ensure health and safety, participants should make sure that they can take part without risk to their own health. If in doubt please consult your GP before you commence.



For further information on how to access this service contact either the Older People and Health Divisional Manager, or the Health Assessment and Physical Activity Manager.

## West Bromwich African Caribbean Resource Centre

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# West Bromwich African Caribbean Resource Centre

Serving all of the Community  
Older People and Health Division



## EXTEND EXERCISE CLASSES



Working in Partnership with

Funded via



## What is Extend?

Extend Exercise involves gentle movement to music for men and women over sixty years of age but it can also be enjoyed by those with a variety of abilities and is suitable for all ages.

All of our classes are run by qualified tutors who hold a nationally recognised exercise qualification for exercise and fall prevention.

Our older people day care services classes are very friendly and fun and the music reflects appropriate cultural needs. Classes form part of our Day Care Services and in addition we run classes for other groups in Sandwell.

This includes classes for adults that either have learning disabilities or suffer from well being issues.

## Why do I need to be more active?

Research shows that regular exercise throughout life has a number of positive health and social benefits including:-

- Stimulating positive physical and mental health to make you feel good
- Increases strength stamina and mobility to improve posture and maintain independence
- Improves the hand and eye co-ordination as well increasing balance
- Protects and maintains bone structure to reduce osteoporosis and bone damage
- Reduces the risk of developing diabetes, heart disease and stroke by maintaining good weight and blood pressure

## What can I expect?

You can take part in a standing or sitting position and after listening and singing to some catchy and relaxing music you won't even realise that you are exercising. Classes are designed to be person centred so all ages and all abilities can take part safely.

On occasion you will use specialist equipment but you will be supported by the tutor and the group where necessary.

## Where can I take part?

We organise a number of classes throughout the borough, so if your interested in setting up a class in your local area please contact us.

