



Exercise & Movement Therapy (Debenham Fit Club)

The human body is made to move, our muscles, tendons and ligaments need to extend and flex to maintain strength, length and range of movement. These muscles and the connective tissues work to hold our form and posture and when they are weak, too tight or without tone this can lead to pain, excess wear and tear on our bones, poor balance and a reduction in our ability to carry out everyday tasks, especially as we get older.

We have been running Exercise and Movement Therapy classes at Dove Cottage for over a year. All of the exercises and movement patterns are set to music and performed seated. We vary the classes including mobility and stretch sessions, light resistance exercises using bands, toning and co-ordination using Pilate's balls and we challenge our memories with fun routines.

The classes are incredibly social, fun and light hearted and one of the best exercises that is included in every session is laughter! The classes also enable people to come together and talk, meet friends and gain advice on health and fitness.

We have had some wonderful feedback and tangible positive results where those attending have seen improvements in posture, mobility and general well-being. There is an old saying 'if you don't use it, you lose it' but sometimes it's difficult to know where to start or what you should do. Our Exercise and Movement Therapy classes will show how to improve your fitness and mobility in a fun and safe way and don't worry Lycra is optional!

(It would be nice to include a few photos of the class in action)

Zoe George (Zoe George Fit Club)