

**MOVE IT  
OR LOSE IT!**®



**“I love the fun & friendship; it’s given me a new lease of life!”**

**Move It or Lose It classes have been developed by experts to help you to improve your flexibility, aerobic health and balance for greater strength.**

**Classes are suitable for the following people:**

- Adults who want to improve their flexibility, strength, balance and aerobic capacity
- Adults with long-term health conditions such as COPD, cancer or heart disease
- Adults unable to exercise standing due to problems with balance or wheelchair users
- Adults wanting to exercise as well as socialise in a relaxed, friendly environment



**Class cost is £3.60 or free for members**



**“Scientifically proven to improve muscle strength leading to better balance to reduce falls risk.”**

Professor Janet Lord, Director of The Centre for Healthy Ageing Research



Registered Charity No. 1156084

To find out more or even see the class in action visit:  
[www.everybody.org.uk/move-it-or-lose-it](http://www.everybody.org.uk/move-it-or-lose-it)  
[ebhealthy@everybody.org.uk](mailto:ebhealthy@everybody.org.uk)  
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