

# HYTHeACTIVE

## EXERCISE GROUPS AT CORNERSTONE

In their recent report "Life in Our Years", UKActive say that the evidence for significantly improving our ability to lead an active lifestyle by simple strength and balance training is compelling. Older adults lose muscle strength at the rate of about 1% per year, and our sense of balance also seems to also decrease with age, leading to a higher chance of falling. However, the good news is that evidence gained over the last few years shows that it is possible to increase muscle strength by 25% by doing strength exercises, and the chances of falls can be reduced by 25% to 50% using simple balance exercises. These specific activities can have a major effect on our health and wellbeing as we age. Without them, we are all likely to become less and less able as the years progress.

We have started two exercise groups at Cornerstone, focussing on strength, balance and flexibility. You are welcome to attend one or both groups, which will be open to all in our community, and to stay for coffee if you wish after the class. The first session will enable our instructor to assess your needs, and help you to decide whether you wish to come to the next six weeks of classes. Our instructor has wide experience and qualifications in exercise for older adults. There will be no charge, but you are welcome to make a small donation. Since the emphasis in these sessions is not on aerobic exercise, you will be able to wear a mask, you will be well spaced out in the hall, and there will be ventilation.

### Details as follows:



#### **Seated exercise**

Mondays 10.00 am to 11.00 am -  
1<sup>st</sup> November to 13<sup>th</sup> December

#### **Strength, balance and flexibility exercise**

Thursdays 10.00 am to 11.00 am -  
4<sup>th</sup> November to 16<sup>th</sup> December

Coffee will be available after each session

Numbers are limited, so please fill in the form at church, or e-mail [HytheActive@cornerstonehytheurc.org](mailto:HytheActive@cornerstonehytheurc.org). If you plan to attend.