



## Fit Club

Stonham Barns ~ [www.fitclub.org.uk](http://www.fitclub.org.uk)  
Get fit ~ Feel Fabulous ~ Have Fun

# EXERCISE THERAPY

**Dove Cottage 39, High Street Debenham**

**2.00pm Wednesday July 27<sup>th</sup>**

Zoe George (Fit Club, Stonham Barns) has offered to put on a “taster” session. This is about showing how **“Exercise Therapy”** can make life easier for **all who may be “over 60”** and , perhaps, just “a bit stiff in the joints” or “a bit out of puff”. What a difference can be made with some simple exercises that we can do whilst sitting in a chair – removing stress, reducing pain, improving posture, and so on.

**"5 simple chair-based exercises that can really make a difference"**

It's gentle and fun - not at all about “no gain without pain” – and you can do it at home - less of the gym and more of the lounge! I tried it and I am certainly going to join in whenever I can. So, whoever you are, come along, join in, and feel better. It's gentle and fun - not at all about “no gain without pain” – and you can do it at home - less of the gym and more of the lounge! I tried it and I am certainly going to join in whenever I can. So, whoever you are, come along, join in, and feel better.