

Enjoy Chairobics in your own home

Get Active...
East Hampshire



You will love working through this fun chair based exercise programme designed to improve mobility, strength, flexibility, and balance.



Join Terri Bryant, Postural Stability Instructor, as she demonstrates a series of enjoyable routines that will leave you feeling healthy and happy. This programme will also help to reduce the risk of having a fall.



Special feature
Getting up safely after a fall
Jill Phipps, Falls Coordinator for Hampshire Primary Care Trust (South East), talks you through a demonstration of how to get up from the floor safely following a fall.

Play the whole DVD or select the exercises you think will help you the most... or just pick the ones that you enjoy and have some fun!

CAUTION

More demanding stretches and exercises will not be suitable if you are not fit and steady on your feet.

You should consult your GP before starting an exercise programme, and you may wish to perform the exercises for the first time in the company of an exercise specialist.

How to get your copy

Simply complete the form below and send a cheque or buy online and save 50p

getactivenow.org.uk

***Only £10.99 + p&p when you order online**

Get Active East Hampshire Chairobics DVD Offer PRIORITY ORDER FORM

I enclose a cheque for **£12.70** (£11.49 + £1.21 p&p)

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Please make cheques payable to East Hampshire District Council, and write 'Chairobics DVD 7020' on the reverse.

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**Chairobics DVD,
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GU31 4EX**

We would like to keep your information for our records and contact you with news of any other products that may be of interest. Your information will not be passed to a third party. If you would not like us to contact you in the future, please tick here

EAST HAMPSHIRE

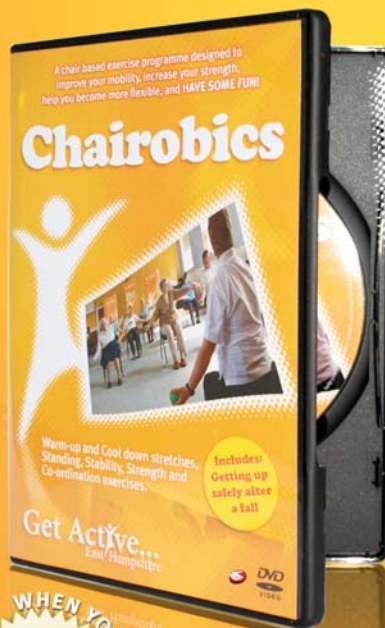
Partners
www.easthants.gov.uk

**Now you can
enjoy Chairobics
in your own home!**

Get Active...
East Hampshire



Chairobics



A chair based exercise programme designed to improve your mobility, increase your strength, and help you become more flexible!
Plus Special Feature: Getting up safely after a fall.

To find out more visit
getactivenow.org.uk
email: chairobics@easthants.gov.uk
Tel: 01730 234390
or return the order form overleaf

WHEN YOU ORDER ONLINE
Only £10.99

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