

# First Steps



45 minute exercise sessions specially designed to help improve strength and balance and feel more confident walking.

## 1 CHAIR-BASED EXERCISES 20 - 25 minutes

Simple exercises to improve strength, many of which can be done seated.



## 2 SHORT GENTLE WALK 15 - 20 minutes

Short, social, outdoor walk on level ground.



These sessions are ideal for older adults who are looking to take the 'first step' to becoming more active, or anyone looking to improve confidence walking outdoors.

Sessions are free to attend and take place as follows:

Tuesday	13:00 - 13:45	Get active @ Kincorth
Thursday	11:00 - 11:45	Get active @ Jesmond
Thursday	13:00 - 13:45	Get active @ Westburn

For more information, please contact Brian Harrison on **01224 047924**

