

Class information

12 week programme consisting of:

- 1 hour group exercise
- 1 hour relaxation and education with refreshments (for the first 6 weeks)
- Guidance for exercises at home

Knowle West Health Park

5 Knowle West Health Park
Downton Road, Knowle West,
Bristol, BS4 1WH

Tuesdays

13:00 or 14:00

The Greenway Centre

Doncaster Road, Southmead,
Bristol, BS10 5PY

Wednesdays 13:30

Brunel Fitness Centre

Speedwell Road
Speedwell
Bristol, BS15 1NU

Thursdays 11:00

If you require this leaflet in another format or language, please contact us on comms@briscohealth.nhs.uk or ring 0117 900 2198 and we will be pleased to assist you.

FAQ's

How often will I attend the Strength and Balance Class?

Once a week. You will be expected to complete exercises at home in between sessions.

How fit do I need to be?

You do not need to be fit to take part, as the class is aimed for beginners.

What do I need to bring to the class?

Bring a water bottle, any medication you may need, and wear comfortable clothes and shoes.

How do I access this class?

You will need to be registered with a Bristol GP.

You can be referred by your GP or Health Professional.

So, how are we doing?

Get involved and feedback on our services so that we can continually improve them.

You can ask the team for a feedback form, or feedback online at:

[Bit.ly/TellusTodayStrengthBalance](https://bit.ly/TellusTodayStrengthBalance)

We value your feedback, thank you.



Last reviewed: 20/06/2016



Strength and Balance Classes



A specialist course for people at risk of falling

Community Physiotherapy
Bristol Community Health

Tel: 0117 919 0290

[www.briscomhealth.org.uk/
our-services/strength-balance-classes/](http://www.briscomhealth.org.uk/our-services/strength-balance-classes/)



Scan here
to feedback

How will Strength & Balance Classes benefit me?

- Make everyday activities easier.
- Increase confidence and reduce fear of falling.
- Feel safe exercising under expert supervision.
- Get advice on other beneficial exercise and reducing risk of future falls.
- Talk to other people who have the same conditions.
- Keep motivated, & have fun!



Having a fall can be scary, but they can be prevented by improving your strength and balance.

All of the exercises you'll do in class will help with daily living tasks such as dressing, carrying shopping, or playing with the grandchildren.

"I found great benefit from the group and I have now been able to join my local Tai-Chi classes."

With all the benefits of exercise, it really is worth keeping as active as possible.

"It was a well-structured, well 'balanced' course!"

"Thank you for encouraging mobility in those more fragile than agile!"

Describe a typical class

The 12 week programme will be led by a physiotherapist providing strength and balance exercises tailored to your needs.

The class takes place in a suitable studio in your local community centre.

1. Warm-Up

A gentle group warm up to gradually raise your heart rate. Including joint mobility, and gentle stretches to prepare you for the class

2. Main Event

The class will usually consist of lots of different exercises with various equipment. We use resistance bands, balls, hoops, and light ankle weights (all provided). The instructor led class is fun and friendly.

3. Cool Down & Stretches

Finish the session and recover by lowering your heart rate and stretching all the main muscles used.

4. Relaxation, refreshments and information session

The classes accommodate up to 12 people who complete the programme together. Meeting others with similar difficulties supports you to reach and maintain your activity and fitness goals together.



Physiotherapy works *Live long. Live well.*

