

FaME Classes

Would you like to work on
your strength and balance?

These classes could be for you! A progressive seated or standing exercise class tailored to individual needs and preferences, with an opportunity to socialise.

Thursday's 11.45am - 12.45pm (Meet at 11.30am)
Active Rutland Hub, Oakham Enterprise Park,
Ashwell Road, Oakham, LE15 7TU

Friday's 10.30 - 11.30am
The Lodge, Stamford Road, Oakham, LE15 6JX
£3 per session

Are you worried about falling or know someone who is?

To book please contact Active Rutland on
activerutlandhealth@rutland.gov.uk or 01572 758200.



Active
Rutland Health



ActiveRutland1



@ActiveRutland



www.activerutland.org.uk

These classes are designed to improve:

- Strength, balance and coordination
- Daily living activities
- Bone density and muscle mass
- Overall health
- Confidence (reduce fear of falling)
- Reduce your risk of having a fall



7 parts to the sessions:

- 1) Balance training
- 2) Strength training
- 3) Endurance training
- 4) Backwards chaining (getting up and down off the floor)
- 5) Functional floor activities
- 6) Flexibility
- 7) Tai Chi



I have found my walking a lot better. I don't use my stick so often. My arm is so much stronger now.

I have enjoyed the programme very much both from a fitness point of view and socially as I have met some very nice people who I look forward to meeting up with every week.

I feel my balance has improved and it has made me feel more confident about what I can achieve.

Being with other people and enjoying the exercise together and feeling better.

I have found the programme very beneficial to my physical strength and general wellbeing.

