

inspired by
London
2012



VILLAGEGAMES

Derbyshire



Ideas for your village,
Inspired by real life....



LOTTERY FUNDED



VILLAGEGAMES

Derbyshire

South Derbyshire Village Games gives tips on..... Establishing a 50+ Chair Based Exercise Class.

Aim: To provide movement and exercise in a fun social setting.

How does it work?

- Identify place where people who are 50+ already meet.
- Ask about the desire to start some sort of exercise at a time they are already there. (I used an existing coffee morning).
- Fliers out to local shops, post office and any parish magazines. (2-3 weeks in advance).
- Cost free (No hire charges for venue, no cost for coach as I started session off)
- As they take part they begin to lead parts of the session.
- Identify course for volunteers to go on.
- Help find Equipment for sessions to take place independently.

Benefits

- People get out of the house and get together in a social setting, get some exercise.
- Church coffee morning makes a bit more money as more people are attending.
- The people who have attended have commented on their ability to open jars and bottles, pick things up from the floor and generally move about more freely.

“It doesn’t feel like exercise its fun”

For more information, email toni@villagegames.org.uk

