

WELL-BEING PACKAGE



Exercise

Exercise - The Debenham Way

- 'Fit Club online', Zoe George leads easy chair-based exercises
- What a difference can be made with these simple and gentle exercises that we can all do whilst sitting in a chair – removing stress, reducing pain, improving posture, keeping supple, helping with balance and coordination.
- The 'Fit Club Snack Bar'; offers bite-sized 5 minute exercise routines for those who want a few minutes of specially prepared gentle exercises. They take no time at all but can make a big difference if you regularly partake from the selection.

Exercise the Debenham Way

We all know that we should do at least a little regular exercise, but at this time when we, and especially our older and less mobile neighbours, are spending much of our time in our own homes, this becomes more difficult.

Why not join in with our Fit Club on line?

This is about making life easier for all who may be "a little over 60" and, perhaps, just "a bit stiff in the joints" or "a bit out of puff", or unable to "get around like we used to".

It is a great way to de-stress if isolation is getting to you.
EASY chair-based exercises are something we can all enjoy
and feel better for .



To see how much fun we have [click here](#) for a short trailer.

For more information and to join in with the full session; [click here](#) .

The Fit Club 'Snack Bar'

Getting into a daily or, if that's more than you want, weekly exercise routine is a great idea. We have opened the socially distanced "Fit Club Snack Bar" which will offer a menu of "Exercise Snacks".



These are specifically designed to suit the tastes and needs of those who just wish for a few minutes of gentle exercise specially to ease a few aches and pains, and stresses and strains.

To enjoy any of our **recommended 5 minute snacks** just click on your choice in the menu displayed to your left.