



shape up programme

**Take back control
of your life...**



Shape Up

Shape Up is an individualised programme for recovery of physical fitness and shape. The effects of injury, lifestyle and ageing can cause a loss of fitness, muscle tone, weight gain and development of diseases including type 2 diabetes, cardiovascular disease and stroke. Being overweight also contributes to the development of arthritis in the joints of the lower limbs.

Why the need?

Being out of shape can result in:

- ✓ Physical fatigue and tiredness.
- ✓ Pain.
- ✓ Weight gain.
- ✓ Low self esteem.

What does Shape Up include?

- ✓ Shape Up is a 12 week programme of fitness, flexibility and agility.
- ✓ Education on a balanced nutritional intake.
- ✓ A cardiovascular exercise programme individualised for your level of fitness and fitness goals.
- ✓ A toning and stretching exercise programme to improve your shape and posture.

What's the outcome?

- ✓ Improved physical fitness.
- ✓ Energy levels and focus.
- ✓ Improved posture and activity tolerance.
- ✓ Sustainable weight loss.
- ✓ Improved self esteem.

The programme can be structured to meet your individual needs and costs may be recovered through medical insurance.