

Be active at home during #COVID19 outbreak



World Health
Organization

#BeActive

#HealthyAtHome

Happy Easter!

I hope to see you during the week. You can turn up 15 minutes early just to chat and catch up with your friends - earlier if you need more time!

To help out on the nutrition side, **Kate Arnold** will be offering Nutrition Starters for those in need of support.

She is an incredible nutrition consultant specialising in gastrointestinal health.

These will be 35 mins long with tailored tips and advice to keep you going until life hopefully returns to normal.

.....All she will need is a food diary covering 5 days and a list of any medications you take. She is offering three pricing options, pay whichever you can afford- £15, £25 or £35.

To make an appointment call 01323 737814/310532. 😊😊

Classes:

- Remember, your £5 payment gives you access to all 6 classes.
- Please feel free to forward this email to anyone who may benefit.
- Any new participants, please feel free to call me to discuss any physical considerations.

For those of you who attend my regular classes:

Mondays: This is the first week of your new terms.

Fridays: This is the 2nd week of the new term.

Otherwise, just continue to pay £5 either weekly or every 2-4 (£10/£20) weeks to reduce on admin.

For those of you who have payment questions due to consequences of the current situation: Missed weeks/ being here when you were supposed to be on holiday etc, please give me a call on 07748 678030.

FOR YOUR CLASSES THIS WEEK:

Monday: Please have 6 drinks coasters & band/towel/dressing gown cord & cushion

Tuesday & Friday: Ideally 1-2 tennis balls or similar or small tins (sweetcorn) & cushion

Monday 10am & Thursday: Hand weights/ water bottles/tins x2 & cushion

For our classes we are using a great easy to use, online service called 'Zoom'.

All classes will be available for all of you:

Here are the classes & links for the week commencing 30/03/2020

They will all be valid for the next 8 weeks.

Monday 9am Pilates - Beginners/all levels <https://zoom.us/j/174657698>

Monday 10am Pilates & Fitness 50+ <https://zoom.us/j/997718612>

Tuesday 10.45am 30 min move & massage <https://zoom.us/j/284819808>

Wednesday 9am Pilates HIIT - a tougher class <https://zoom.us/j/174657698>

Thursday 10.45am 30 min circuits <https://zoom.us/j/284819808>

Friday 9am Pilates & mobility/rehabilitation/massage <https://zoom.us/j/174657698>

Cost: Pilates/household/week - £5 includes 5/6 classes (option to pay £20 for 4 weeks)

Classes will be 30-55 minutes.

Self care/remedial health consultations/personal training:

If you need some specific help for an illness/injury and guidance/ideas or programming:

30 min **online** sessions available @ £20

Bank details: M-A Elder Healthy Habits

Sort code: 770808

Acc no: 57925968

By clicking the link for any of our classes you will be taking responsibility for your decision to take part. Please do not participate in these exercise classes if you have been told not to exercise by a medical professional. If you experience undue shortness of breath, pain or discomfort, please stop immediately.

If you would like to speak with me prior to any session, please contact me on 07748 678030 ideally 12-24 hours prior to class.

All you need is:

A device (Phone, Tablet, PC etc)

Choose a class and download the 'Zoom' app, click on the link and it should open for you, or copy and paste onto your browser.

I will be there 15 minutes before class to say hello and in case of any technical issues.

You can also call me on 07748 678030 if needed.

I hope to see you soon,,

Best wishes,

Mari-Anne xx

Mari-Anne Elder BA, MSc Applied Exercise Physiology

Fully insured and thoroughly qualified!!

Member of BASES, REPS, ISSA, ISRM

Level 4 Applied exercise and cancer rehabilitation

Level 4 Obesity and Diabetes management

International Sports Sciences Association Personal Trainer

GP referral

Therapeutic massage and bodywork practitioner/Remedial Massage Therapist



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|| *|Pilates online|*

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