



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.