

## **Information about the Ageing Well activities**

### **Ageing Well Activities**

#### **Seated Aerobics**

Easy exercise to improve mobility, coordination, balance and strength. Suitable for all levels as can be done sitting, although if able, can do some exercises standing, using the chair for balance.

#### **Tai Chi Qi Gong & Wellbeing Class**

Tai Chi gradually builds suppleness and fitness without strain. It promotes better balance, can increase your vitality and reduces feelings of stress.

#### **Mindfulness for better health**

These sessions are free to attend until we start running sessional blocks and a great way to experience how to be fully present, in the here and now. We have busy minds that like to be in the future or the past, but this is not always helpful for our wellbeing. In these sessions, we explore how mindfulness and meditation can benefit our health and well-being, with some practice and patience.

Mindfulness can reduce stress, we can learn to have a friendlier and kind attitude towards our thinking, we can learn to appreciate more of our lives, and we can learn to respond better to situations.

#### **Extend**

A keep fit class for the 60+ and less able of all ages utilising proven exercises that effectively energise and strengthen your whole system. This enjoyable & fun class is run by an experienced registered exercise professional (REPs) and is fully accredited to deliver the unique Extend™ techniques & methods

#### **Simple Yoga**

This class focuses on slow movements, gentle stretching and basic relaxation techniques to gain strength, flexibility and relieve stress.

#### **Senior Mo(ve)ments (simple dance exercise)**

Fun and simple dance exercises to help strength, balance and co-ordination. Dance to oldies music in a light-hearted atmosphere where any ability is welcome and smiling is essential!

#### **Love to Move**

Love to Move is a chair-based age, Dementia and Parkinson's friendly exercise programme, developed by the British Gymnastics Foundation. Designed to improve movement, motor function, memory stimulation, coordination, flexibility and balance. This class can also be for anyone looking for a chair-based exercise class.

#### **Seated Pilates**

Low impact sessions to improve your balance and range of movement within your own ability by gently and safely using the basics of Pilates along with different equipment such as resistance bands, Pilate ball, Pilates ring, weights etc.

#### **The Warblers, singing for lung health**

The Warblers is a singing group for people with chronic lung conditions. Come, make new friends, and have fun singing in a way that can lead to improvements in your breathing and emotional wellbeing. We believe that everyone can sing - no singing experience needed. The Warblers is part of a UK-wide singing for lung health programme supported by British Lung Foundation. For more information, see

<https://www.warblers.org.uk/>

#### **Zumba Gold Classes**

Zumba Gold is a low-impact Latin inspired Dance class. Suitable for all levels of fitness, you take it at your own pace. The classes are fun and friendly and open to all. For more information, visit the webpage - [rhunterpepper.zumba.com](http://rhunterpepper.zumba.com)

### **Walk & Talk**

The group is a Book group with a difference as it starts each gathering with a walk around Haddington of about 45 minutes to one hour. After the walk, you would normally head back to the library for a cup of tea and a biscuit to discuss the books you have read that month. However, as meeting indoors cannot take place right now, you will chat about the books on the walk instead.

### **Nordic Walking**

Nordic Walking is an enhanced walking technique that uses poles to work your upper body as well as your legs. It gives you a highly effective all over workout that does not feel like one! Nordic Walking is a fun and social activity that can be enjoyed in town centres or open countryside throughout the year. Nordic Walking uses specially designed poles – not to be confused with trekking poles – to enhance your natural walking experience. With a technique that is similar to the upper body action of classic cross-country skiing, Nordic Walking is a genuinely whole body exercise that can be enjoyed at many levels, at low, medium or high intensity.

### **Health and Wellbeing Walks**

Each walk lasts about an hour, no equipment needed apart from a waterproof jacket and comfortable shoes. They are free but you may want to bring some money for a hot drink afterwards. Some of the walks take a bus to different start locations once a month too.

## **Other community activities for older adults within East Lothian**

### **New Age Kurling**

New Age Kurling provides all the fun of Curling but without the ice! The object is the same, to hit the target with the Kurling stones. If you have difficulty reaching the floor, the Kurling brushes have been designed to allow you to still take your shot. Kurling is a fun way to enjoy some light exercise whilst enjoying a great game with friends.

### **Spine Opening Pilates**

Focus on balance and spine mobility; Gentle exercises in standing and down on the floor.

### **Sporting Memories**

Sporting Memories Foundation Scotland clubs are open to older sports fans who enjoy reminiscing about their experiences of watching or playing sport. The weekly clubs, facilitated by a trained volunteer, provide a friendly, inclusive and welcoming environment for anybody and are especially keen to welcome those who may feel isolated through illness. If you have a love for sport then we would love to meet you.

### **Over 50's Table Tennis**

These groups welcome players of all abilities and all ages by providing a friendly environment to play Table Tennis. Whether you are a beginner, recreational player or competitive player, we can improve your Table Tennis. All coaching and practice is run by fully qualified and insured PVG-checked coaches.

### **Yoga For Everyone**

If you can breathe, you can do Yoga. A regular Yoga practice can provide a range of benefits for your physical and mental health, focussing on your body's natural tendency to well-being and self-healing. Physical benefits include improvements in balance, flexibility and energy and vitality. Yoga can also help to manage stress and anxiety, helping create a sense of calmness and better concentration.

Classes are designed to be inclusive, with a relaxed pace, limited transitions between standing and floor work and variations offered to suit different bodies and preferences. You can also do Yoga on or with a chair and we encourage you to use Yoga blocks, bricks, belts and the wall to help you get the most out of your practice. You can read more about classes here: <https://www.revitaliseyoga.co.uk>

### **Gentle Exercise for Seniors**

A programme of easy seated and standing up exercises for adults over 60 to maintain their strength, power, balance, flexibility, coordination and agility.

### **Walking Football**

Walking football is one of Scotland's fastest growing activities and is a low-impact, modified version of the game, suitable for older men and women of all levels of ability and fitness.

National studies across the UK continually highlight the physical, mental and social benefits of the game and a recent survey amongst the current Dunbar walking footballers produced the following exceptional results:

- ⊕ 74% have lost weight
- ⊕ 78% now play twice a week
- ⊕ 87% improved their balance and flexibility
- ⊕ 95% improved their general fitness levels
- ⊕ 100% reported improved mental wellbeing, increased friendships and greater social activity