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## AT A GLANCE

- Our studio programme will be reviewed on quarterly basis going forward and may change to reflect the development of a more diverse and inclusive programme in line with member needs.
- The Activity & Health team were recently awarded the gold standard for its delivery of the MEND programme. MEND (Mind, Exercise, Nutrition...Do it!) is a social enterprise dedicated to reducing global overweight and obesity levels.



## Welcome to another newsletter

**Fusion Health & Fitness Clubs ... Vitality Exercise Referral Scheme ... Longevity, exercise for healthy ageing and wellness ... MEND...specialist and clinical exercise pathways for older and frailer older adults...**

As you can see from the strap lines above, the health and activity team encompass a diverse range of populations that keeps the team extremely busy delivering a wide ranging programme of exercise across the county. In this critical economic climate, funding some of the projects is challenging and may cause some changes to some areas of the service in future months. We will of course keep you updated of these as we know more.

### Vitality Exercise Referral Scheme

This scheme is pending important decisions from WAG over future funding. In the past 12 months over 1200 referrals have been received from GP's and health professionals recommending that people take up exercise to improve their physical and mental health. We continue to receive incredible feedback from these members, with some major life changing benefits to report. Our specialist instructors work closely with Vitality members recommending appropriate exercise for a variety of chronic conditions; from osteoarthritis to ME. Diabetes, obesity and reduced mobility as just some examples. The Vitality Scheme is currently pending major funding decisions from the WAG.



### A Word on Health and Safety

Exercise is safe for most people. As members of Fusion/ Vitality you have undergone a pre-exercise screening questionnaire and have received guidance from a qualified exercise instructor. Of course health status can change and we can all become unwell at any time. All members are reminded that it is extremely important to inform your instructor if you feel unwell or if there has been any change to your health status (including medication changes). The common sense rule is; 'DO NOT EXERCISE IF YOU FEEL UNWELL'.

### Longevity Programme, exercise for healthy ageing and wellness

Our Longevity sessions are sessions for any adult requiring a more tailored approach to exercise in order to improve health and well-being. Our 'Bone Health' and 'Posture Balance & Fitness' sessions continue to be extremely popular for our members who becoming aware of their decreased balance capacity and want to look after their joints and bones as the years start to advance ☺

### Specialist Clinical Exercise Pathways

Extending from the GP referral scheme are our new pathways under development. Addressing the immense costs to the NHS of hip fractures, we now have four Postural Stability classes based in the community. Attendees of these sessions have an average age of 75 and come to the classes to improve balance and strength. Exercise after Stroke services have been missing an exercise pathway, until now...with Jon, Michelle and Bex now qualified in this area, this area of service development is gathering pace and we hope to have community venues up and running with these sessions early in the New Year.



# Activity & Health NEWSLETTER



## ON THE HORIZON New look class timetables

Fusion Health & Fitness Clubs is bracing itself for the usual post-Christmas panic to burn off the additional calories consumed over the festive period. To help you with this we have some new classes on our studio timetables ... Our new look timetable makes it easier to track what's going on. Our new timetable lists all sessions (Fusion and Vitality) so be sure to have a look at the colour scheme key.

NEW Pilates CLC – beginner/intermediate fitness Pilates with Penny is so popular you can have it twice a week Fridays and Wednesdays? ... NEW Water Works CLC – Following the success of our water based exercise sessions in Llanelli and Ammanford, Carmarthen Leisure Centre now has a water based exercise session on Mondays at ... NEW Fast Fitness at Carmarthen

## Qualifications and raising the Standards

**Instructor Update – new staff, newly qualified staff..**

Congratulations to; Andrew, Grant...Gaynor.. and Ruth Bull for successfully passing the level 3 GP Referral exam. Anthony Peynedo, Bex Townley and Elaine Clarke for passing their BACR revalidation (British Association of Cardiac Rehab) Congratulations to Gareth for passing the BACR exam. Good luck to Adam Coates & Penny Fingers crossed for Jon Nicholls and Michelle awaiting their level 4 exercise after stroke exam results **Welcome to new staff – Daryl, Rhodri, Alisa, & Alex**

## Wellness System & Member Surveys

These surveys continue tell us what you think and direct our future decisions about our service provision to improve the member experience.

Thank you for your cooperation, your feedback is greatly valued.



## Fusion introduces Fast Fitness at Carmarthen

These INTENSE 25 minute instructor led workouts incorporate cycling, skipping, core stability, resistance and stretching routines that are designed to achieve maximum results in minimum time.

Recent exercise guidelines for physical activity state that healthy adults should:  
Do moderately intense cardio 30 minutes a day, five days a week  
Or  
Do vigorously intense cardio 20 minutes a day, 3 days a week  
And  
Do eight to 10 strength-training exercises, eight to 12 repetitions each exercise twice a week.  
Incorporating Fast Fitness into your routine over the week will enable you to achieve these targets, improve your fitness and be home before most of us even get to the gym!  
Speak to an instructor for details

## Fitness Myths

**Fitness Myth #1: You can take weight off of specific body parts by doing exercises that target those areas.**

This concept is called "spot training" and unfortunately, it doesn't burn fat. When you lose weight, you are unable to choose the area in which the reduction will occur. Your body predetermines which fat stores it will use. For example, doing sit-ups will strengthen you abs but will not take the fat off of your stomach. Similarly, an activity like running burns fat all over your body, not just your legs. You can, however, compliment a balanced exercise program with a selection of weight training exercises to gradually lose weight and tone the body.

**Fitness Myth #2: Women who lift weights will bulk up.**

While on a weight lifting program, the right hormones (testosterone) are necessary in order to bulk up. Women's testosterone levels are much lower than men's, so in most cases, they are not capable of building large muscles. In fact, since muscle takes up less room than fat, women tend to lose inches when they strength train. So in addition to the physical benefits (increased metabolism, decreased risk of osteoporosis, increased strength), strength training will help you slim down too!