



## Medical disclaimer!



### Exercising frequently can lead to the following:

- Increased health (improved immune, cardiovascular, and other major systems)
- Increased happiness (proven stress reduction)
- Increased function (improved strength, balance and mobility)
- Increased energy (improved breathing and weight management)
- Improved sleep
- Decreased pain (combined effects of above)

Our live streamed exercise workouts are safe and effective.

However if you have any concerns about ***your*** ability to ***exercise safely***, check with a registered health professional (GP, or Physiotherapist) first.

**Always check with your GP before engaging in an exercise class, if you have any of the following;**

- Uncontrolled high blood pressure.
- Uncontrolled/unmanaged heart complaint.
- Difficulties breathing when at rest.
- Previously advised against participating in exercise for medical reasons.

**If you know you are *ready, willing, and able* to participate;**

- Clear a space, put a smile on your face, and get ready for some fun.
- Listen to your body, and continue to breathe, you'll get out what you put in
- So don't delay, make a start today, if you're ready let's begin.