



Forever Active Monthly Member Newsletter – January 2021

Welcome to 2021, which undoubtedly will be an organisational and financially challenging year due to the Covid-19 restrictions. Rest assured that we are doing everything in our power to meet these challenges head-on. Unfortunately, in the coming months, we will be confined to online exercising. However, as soon as it is safe to do so, we will endeavor to start physical classes again.

Exercise in the comfort of your own home and in your own time

On the 9th and 10th January 2021, the Cambridge City Council hosted a free event with various fitness and wellbeing activities. There was something for everyone, including some familiar Forever Active faces with Faradena teaching T'ai Chi and Carrie teaching Exercise to Music. The good news is that these classes have now been posted on YouTube. This allows you to exercise from the comfort of your own home and in your own time. [Click here](#) to start your class, or alternatively search for Healthy You Virtual Festival on YouTube to see what is available.

Online classes

Alternatively, if you prefer an online class in real-time, have a look at our online exercise classes on our [Forever Active website](#). We offer Pilates, Yoga, Seated Yoga, S&B, Zumba Gold, Strength and Balance and Tai Chi.

T'ai Chi, a gentle form of exercise

If you are an older adult who otherwise may not exercise, we suggest taking online T'ai Chi classes. This is a low-impact exercise. Initially developed for self-defence, Tai Chi has evolved into a graceful form of exercise used for stress reduction and various other health conditions. Often described as meditation in motion, tai chi promotes serenity

through gentle, flowing movements. Tai Chi is low-impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

Your first class is free. Contact enquiries@forever-active.org.uk for further details.

Equipment

To help you exercise at home, we have equipment available to purchase including:

- Resistance bands (pink, purple and green resistance)
- Strength & Balance booklet
- Forever Active Purple T-Shirts in small, medium and large sizes
- Strength & Balance DVD
- Forever Active Ankle Weights

For all equipment except ankle weights please add £1.60 for postage and packing. If you order ankle weights we will arrange to have them delivered to you. Have a look at our online shop on the Forever Active website for more information.

A warm welcome to Sue Dabner to the Forever Active Board

Sue worked for the NHS for over 40 years. At the time of retirement, she was a senior health improvement professional working within a Public Health Directorate in Cambridgeshire. However, Sue failed to "retire". For the past six years, she has been a Director of Cambridgeshire & Peterborough Healthwatch.

Sue's professional practice has always been based around the principles of community development and an understanding of how local people experience a range of health-related services. She had the privilege of being associated with Forever Active shortly after it was established.

Sue studied Health Sciences at the University of East Anglia, and Evidence Informed Decision Making at London South Bank University. Sue has participated in the National Public Health Leadership scheme. For fun, she has played in a local Steel Band for nearly 20 years; her physical activity of choice.

The Forever Active Team

Please note: You have received this email if you attended a Forever Active class in 2020 or work for a partner organisation. If you would prefer not to receive a monthly newsletter, please email your details to enquiries@forever-active.org.uk