



A specific exercise programme designed for those 60 and over to improve mobility, strength and balance and help reduce the risk of falls

WHY SHOULD I COME ALONG TO INVIGOR8?

Retired GP and Invigor8 attendee
Laura Macdonald says:

At this class we realise that ageing and disability do not have to lead to further deterioration. This programme offers us a relaxed and friendly atmosphere in which to gain skills and confidence that help prevent falls and we're already discovering that we can resume control of our everyday lives. But the best part is that Invigor8 is fun!

Invigor8 is an innovative Ayrshire wide programme supported by the Health and Social Care Partnership.



For more information contact
South Ayrshire Council's
Health Development Team
T: 01292 269793
E: activityforhealth@south-ayrshire.gov.uk



Invigor8 your life

Balance and Falls Prevention Programme





A large number of people aged 60 and over experience falls. This is not always a consequence of ageing and falls can be prevented.

Sustained exercise to improve walking, strength and balance will reduce your risk of falls.

WHAT IS INVIGOR8?

Invigor8 is a programme of exercise classes for the **over 60s**. It supports participants at risk of falls to exercise at a level suitable to their ability.

The classes will be led by highly trained and experienced instructors.

INVIGOR8 IS SUITABLE FOR PEOPLE:

Feeling fearful of falls

Feeling unstable on their feet

Who have had a previous fall

With osteoporosis

THE CLASSES ARE DESIGNED TO HELP BUILD AND MAINTAIN 8 CORE COMPONENTS:

Balance

Strength

Flexibility

Endurance

Floor work

Getting down to the floor and back up

Tai Chi

Confidence building

HOW DO I BECOME INVOLVED IN THE CLASSES?

You can self refer or be referred to Invigor8 through a voucher scheme by a health or social care professional e.g. doctor, practice nurse, physiotherapist, home care provider.

To make an appointment, call the contact telephone number below or on the voucher and you will be invited to come along for an assessment prior to joining a class.

Classes are available throughout South Ayrshire in **Ayr, Girvan, Maybole, Prestwick & Troon**

