

Stay Active, Stay Healthy, Live Better

NHS endorsed Exercise Programmes

for Adults Aged 50+

Empowering you to:

- **Build strength and flexibility**
- **Increase your fitness and stamina**
- **Improve mobility, balance, and coordination**
- **Reduce your risk of falls and injury**

Through a range of affordable classes, you'll find the support, motivation and community you need to stay active and independent.



Classes running in Ealing and Hillingdon

StayActive4Life

01753653836 / 07715170207

Admin@StayActive4Life.co.uk

www.stayactive4life.co.uk

Book your classes using this code



At **StayActive4Life**, we believe everyone deserves the support to live a more active, healthy, and independent life. Our classes are designed for adults who want to improve their strength, balance, mobility, confidence, and overall wellbeing — all within a friendly, welcoming community that encourages progress at every step. We keep our programmes affordable and accessible because being healthy shouldn't be a privilege for a few, but an opportunity for everybody.

We deliver a range of classes:

Strength & Balance - This class is specifically designed to help prevent falls, improve leg and core strength, increase stability and build confidence in everyday movement. Perfect for anyone who wants to stay independent and feel steadier on their feet.

Forever Fit - This is a functional-fitness class for adults 50+ who want increased strength, stamina and confidence to live life fully. This energising programme blends functional strength, targeted core work, dynamic balance and low-impact cardio to help you move better, feel stronger and stay capable for everything you love. Feel stronger. Move freely. Feel Forever Fit.

Qigong and Tai Chi for Health & Fall Prevention - A gentle exercise class blending flowing movement, breath and mindful awareness. Slow, relaxed sequences strengthen balance, improve posture and smooth coordination. Each session helps you stand taller, breathe more easily and loosen stiff joints. Feel steadier, more relaxed and more confident moving through daily life with ease.

Zumba Gold - A fun, low-impact Latin dance-fitness class that lifts your fitness, coordination, energy and mood - with great music and a friendly group that keeps you moving.

Each class supports your health in a different way. When you combine them, you build a powerful foundation for everyday life — stronger legs and core for easier tasks, better coordination and quicker reactions to stay safe and confident, freer movement with less stiffness and more energy to enjoy family, social activities and the things you love.

Funded Falls Prevention Programme - We are working in partnership with both Hillingdon and Ealing Councils to deliver a subsidised Strength & Balance programme for adults who would benefit from improving their stability, confidence and everyday movement. If you or someone you know may benefit, please speak to your GP, Physiotherapist or Social Prescriber — or contact us directly for a self-referral. For full details, simply get in touch or scan the barcode to access the information instantly.



Apply to join the Hillingdon
Strength & Balance Programme



Apply to join the Ealing
Strength & Balance Programme