

A place for...

Exercise classes...

Exercise provides many physical and mental benefits for individuals with Multiple Sclerosis (MS) and other neurological conditions.

Cardiovascular exercise can help improve strength; bladder function; low mood and reduces fatigue.

Research shows balance and postural exercises can help improve balance and control skills, therefore reducing falls. Exercise also promotes well-being, motivation and self-esteem.

Exercise classes at the Merlin MS Centre are provided in a safe environment; promoting well-being and social inclusion and most importantly the emphasis is on fun.

A variety of classes means there is something for everyone. Exercises are adapted to each person to ensure improved participation in daily life.

Charity No. 1093691



Merlin
MS Centre

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Ready Steady Stand 2 Walk (Tues 10.00)

Exercise to stretch the muscles and move the joints, focusing on standing balance, stability and function.

Music and Rhythm 4 Movement (Tues 11.30)

Seated exercise classes to music. Works on posture and upper body strength. Ideal for wheel chair users and people with reduced mobility.

Circuits 4 Core Control / Circuits 4 Posture (Thurs 11.00 and Fri 10.00)

Group exercise classes working on balance, posture and strength. Sessions are tailored to each person's needs and goals.

Sit and Be Fit (Fri 13.00)

Seated exercise class with music working on rhythm and timing, flexibility, trunk control, balance and strength.

For more information speak to the Therapy Team.



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