Functional Fitness for Seniors









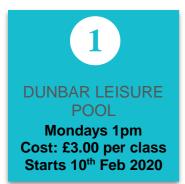
Fitness is for everyone

As we get older at least 50% of physical decline is due to inactivity.

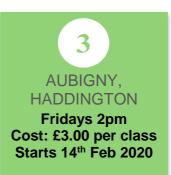
Functional fitness for seniors can help you turn back the clock, help you move and feel better, increase your confidence and independence. It's fun and brings with it a huge range of health benefits. So sign up today!

If you want to come along, please book your place with:

Parvine, Ageing Well Coordinator 01620 827240 or <u>pjazayeri@eastlothian.gov.uk</u> OR Gavin, Functional Fitness Coach 07540 224648 or gavin@crossfiteastrocks.com









Strength
The only know way to combat the body's ageing process.



Saves
Retain your
independence
through improved
balance,
conditioning and...



...the health benefits are huge. Weight loss, improved sleep and confidence and that's just the start!