

*Nid yw dyn yn peidio chwarae am
ei fod yn heneiddio
Mae yn heneiddio am ei fod yn
darfod chwarae! George Bernard Shaw*

*"Man does not cease to play
because he grows old.....
He grows old because he
ceases to play!" George Bernard Shaw*



Natasha's passion means she can tailor to the needs of each group or client. A 20 year teaching history includes public speaking and event management. Vibrant versatile fitness instruction-Baban Yoga, pre/post-natal classes, school staff Pilates and aerobics, Boxercise, 6th form relaxation and Groovy Granny balance strength circuits.



After 12 years part-time with the National Exercise Referral Scheme at Anglesey County Council, Natasha is developing her own role as a freelance referral professional currently delivering sessions to the five-ways to wellbeing programme for the Conwy Community Wellbeing Team. Alongside teaching postural stability and meditation Natasha is solely responsible for bringing the first ever pregnancy and postnatal fitness courses to Conwy and continues to provide fun, safe, health and fitness to all ability audiences.

As a highly qualified and experienced specialist in her own words she says, "I am always looking for new ways to implement positive changes in both my life and, my clients". Her ambition is to offer everybody, a chance to experience good health through enjoyable fitness, and wellbeing.

Qualifications & references
available on request
insured & DBS checked

shapeupwithnatasha@yahoo.com
07919131516
www.fitnessforwellbeing.co.uk



Fitness Fun Better Balance Falls Prevention

Older Adult Classes

Mindfulness

Super Active Seniors



Improving postural stability and support
the management of chronic controlled conditions
such as Dementia, MS and Parkinsons.
Working towards independence for Older Adults
through relevant exercise. Offering a sense of
wellbeing and positive outlook by providing a
chance to experience something new.

Natasha White 07919131516



We know weaker bones and muscles, with a large helping of inactivity is a perfect recipe for a fall. Research tells us, the risk of fractures from falls increases with age. Good news for older adults is, there are many simple things we can do to stay steady. Two one hour gentle 'keeping active/mobile' classes a week can make measurable improvements to balance, strength and blood pressure and reduce achy stiffness. Relevant physical activity protects against declining physical and mental health.

Senior Guidelines for Physical Activity

Aerobic Exercise

Older adults need moderate aerobic activity, a minimum of 30 minutes five days a week or vigorous activity for a minimum of 20 minutes, three days a week. (Moderate = feeling warm and slightly breathless and vigorous = feeling out of breath and sweaty).

Resistance Exercise

Older adults benefit from performing activities to maintain or increase muscular strength and endurance for a minimum of two days per week. The recommendation is 8 to 10 exercises performed on two or more non-consecutive days per week using the major muscle groups.

Flexibility

To maintain good flexibility for regular physical activity and daily life, older adults should perform exercises that maintain or increase flexibility for at least ten minutes twice a week.

Balance Exercise

To reduce the risk of injury from falls, older adults with substantial risk of falls (for example, with frequent falls, visual, hearing or mobility problems) should perform exercises that maintain or improve balance daily.

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Her classes generate confidence helping people achieve their optimum potential. Above all, they are sociable, educational and big on fun! Natasha is a functional fitness training expert. Using her anatomy and physiology knowledge to support individuals with everyday tasks, making their exercises relevant.



Improving the lives of older adults is at the heart of government policy for managing the nation's health. Central to this, is prevention of falls; stroke rehab; and better support for mental health. Based on a simplified version of Tai Chi, TMW offers a gentle movement-based approach to help older people stay active by supporting core stability and proprioception; increased body awareness and improved balance. Natasha has delivered TMW to wide ranging audiences and can prove that with time and practice we can move freely, through safe effective ranges of movement that deeply enrich our lives.



Regular specific activities can bring:

- Better balance and improved strength to help avoid slips, trips and broken hips.
- Improved memory and cognitive response helping co-ordinate transitions between standing and sitting or moving more easily.
- Enablement of easier self care through increased flexibility and stamina.
- Development of stronger tensile bone to support a range of conditions such as osteoporosis and skeletal deconditioning.
- Stress relief, lower blood pressure, increased circulation and ease and reduction of pain from headaches, muscle soreness and other symptoms of back pain, stiffness and arthritis.
- Return to a more natural gait with freer joint movement after surgery, injury or a fall to help regain confidence.