

THE WONDER OF WALKING

WHY IS IT GOOD TO WALK?

BOOSTS CARDIO

A brisk walk will provide a good cardio workout, which gets your heart and lungs to work harder. Which over time, will make your heart stronger and more efficient. This helps improve blood flow and reduce the risk of cardiovascular disease.

STRENGTHEN MUSCLES

Walking regularly will help you build lean, strong muscles to support the body and retain good posture.

CONTROL WEIGHT

Walking is a great way to burn calories and stay in shape. Adding a brisk daily 30-minute walk could burn about an extra 150 calories.

IMPROVE SLEEP

Getting outside for a walk and being exposed to daylight can help align your body clock plus promote healthy sleep patterns. Walking also helps reduce stress, which can enhance sleep quality too.

SUPPORT IMMUNITY

Moderate intensity exercise, such as walking, helps increase the number of white blood cells circulating in the body. These cells fight infections and other illnesses as part of the body's immune system.

INCREASE FLEXIBILITY

Warming up the muscles through the interaction of your legs, arms and core while walking, helps increase range and flexibility.



Walking uphill activates three times more muscle fibres than walking on the level.



An analysis of 12 studies found that walking for 30 minutes a day reduced the risk of coronary heart disease by 19%.



Ideally try to walk at the same time each day so it becomes part of your routine.



JOIN A GROUP



Walking with other people can turn an exercise session into an enjoyable social occasion. Walking is also good for your mental health as well.

Invite family or friends to walk with you or become a member of HEARTBEAT and take part in their walks.

HEARTBEAT holds walks and health walks 3 times a fortnight. With trained Walk Leaders, DBS checked, First Aid qualified and carry a First Aid Kit plus an AED on all their walks.

For more information:

Website: www.heartbeat.uk.com

Email:

info@heartbeat.uk.com



Just Start Walking

♥ Where do HEARTBEAT Meet?

— The Brighthouse Sports Club, Russell Way, Brighthouse, HD6 4LX

Classes Tuesday Morning

Tai Chi: 09:30 to 10:25
Tai Chi: 10:30 to 11:25
Exercise: 11:30 to 12:30

Classes Wednesday Evening

Exercise: 18:30 to 19:30

Classes Thursday Morning

Exercise: 09:30 to 10:25
Exercise: 10:30 to 11:25
Chair Exercise: 11:30 to 12:30

— The venue is fully air-conditioned with disabled facilities, disabled access and parking. Large, well lit, free car park.

♥ Walks / Health Walks

— Walks are organised every alternate Tuesday morning and every Saturday.

— Walks are typically 2 to 3 hours in duration and usually end with a lunch if you wish. Walks are free to all our Members, carers and partners. Walks are organised through trained Walk Leaders who have an AED and First Aid kit with them on all walks.

— Health / Short Walks, on the level or downhill are up to 1 hour for those who are less mobile, are organised every alternate Saturday.

— People who do not meet our criteria are welcome to join the walks as an Associate Member providing, they pay the annual membership fee of £5. Associate Members cannot take part in Exercise or Tai Chi classes.

♥ Funding

— We charge a fee for Exercise Classes and Tai Chi Classes currently of £3:00.

— We organise various fund-raising events during the year.

— We raise over 95% of our costs ourselves but do seek funds from public and private sources when necessary.

— Professional instructors with BACR or other appropriate qualifications are contracted by **HEARTBEAT**.

— We have our own defibrillator and First Aid Kit at all our classes, events and on our walks.

— All equipment such as exercise bikes, rowing machines, cross trainers and various equipment for classes plus social events are owned and funded by **HEARTBEAT**. The room hire for classes is paid for by **HEARTBEAT**.

♥ Social Events

— We have a wide selection of social events: monthly lunch club, themed suppers, canal trips, coach trips, annual dinner and lots more.

♥ How Do You Join?

— There are several ways to join our classes if you meet the criteria and become a member of **HEARTBEAT**:

- From Cardiac Rehabilitation courses and / or Calderdale Better Living courses at the end of which you join **HEARTBEAT**.
- Or contact us by phone, email or at classes and we can discuss membership with you.
- Either way you must complete our membership form, and have it signed by your Doctor / Practice Nurse to ensure you are able to take part in exercise / walks. Your membership fee is due when you join **HEARTBEAT** and renewal is each June.

— Remember you must meet at least 1 of the 5 criteria: you have a heart condition or have had a cardiac event, you have high blood pressure or high cholesterol (even if you are on medication), you are overweight (BMI greater than 25), you are diabetic (Diabetes 1 or 2).

— You can become an Associate Member if you meet none of the criteria and can take part in walks, health walks and social events but not the Exercise or Tai Chi classes.

— Membership Forms and this leaflet are available to download from our website on the Contact Us page or collect from any class.

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THE WONDER OF TAI CHI

WHY IS IT GOOD TO DO TAI CHI?

FORMS OF TAI CHI

There are many styles of Tai Chi. The most popular are Yang, Chen and Sun Style. Tai Chi provides great health benefits. It is particularly popular because building strength and balance can reduce the risk of falling, as well as ease the symptoms of various health conditions.

STRENGTHEN MUSCLES

Regular Tai Chi classes can improve the strength in your leg muscles.

IMPROVE BALANCE

Tai Chi improves your balance over time, reducing the risk of falls. Which in turn boosts your confidence.

REDUCES STRESS LEVELS

The calm nature of Tai Chi, which often is accompanied by relaxing music, helps reduce your stress levels and your blood pressure.

INCREASE FLEXIBILITY

Warming up the muscles through the interaction of your legs, arms and core while taking part in Tai Chi helps increase your flexibility and your general mobility.

SOCIAL / MENTAL BENEFITS

Tai Chi is normally a group exercise. Interaction with other people can reduce loneliness and isolation.

The relaxing nature of Tai Chi can have mental health benefits as well.

Tips for when you're doing Tai Chi from home, or in a class:

- Make sure you're practising in a safe learning environment, with good lighting and no obstacles.
- Practise in a comfortable location that isn't too cold, hot or windy.
- Drink water if you're practising on a hot day.
- Warming up and cooling down exercises should be part of your routine.
- Never push your body beyond what feels comfortable for you, even if you think the movement looks easy.
- Enjoy it!



Search online at YouTube for Doctor Paul Lam's Tai Chi lessons to see what Tai Chi can do for you.



JOIN A GROUP



Taking part in a Tai Chi class, with other people, can turn an exercise session into an enjoyable social occasion. Tai Chi is also good for your mental health as well.

If you have had / have a cardiac issue, are diabetic, have high blood pressure or cholesterol, overweight then you could be eligible to join HEARTBEAT.

HEARTBEAT holds Tai Chi classes every Tuesday morning. With qualified trainers, DBS checked, First Aid qualified. A First Aid Kit plus an AED are at their venue.

For more information:

Website: www.heartbeat.uk.com

Email: info@heartbeat.uk.com

Facebook: [HeartbeatBrighthouseUK](https://www.facebook.com/HeartbeatBrighthouseUK)

Phone: 07475 943686



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Exercise: 09:30 to 10:25
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Chair Exercise: 11:30 to 12:30

— The venue is fully air-conditioned with disabled facilities, disabled access and parking. Large, well lit, free car park.

♥ Walks / Health Walks

— Walks are organised every alternate Tuesday morning and every Saturday.

— Walks are typically 2 to 3 hours in duration and usually end with a lunch if you wish. Walks are free to all our Members, carers and partners. Walks are organised through trained Walk Leaders who have an AED and First Aid kit with them on all walks.

— Health / Short Walks, on the level or downhill are up to 1 hour for those who are less mobile, are organised every alternate Saturday.

— People who do not meet our criteria are welcome to join the walks as an Associate Member providing, they pay the annual membership fee of £5. Associate Members cannot take part in Exercise or Tai Chi classes.

♥ Funding

— We charge a fee for Exercise Classes and Tai Chi Classes currently of £3:00.

— We organise various fund-raising events during the year.

— We raise over 95% of our costs ourselves but do seek funds from public and private sources when necessary.

— Professional instructors with BACR or other appropriate qualifications are contracted by **HEARTBEAT**.

— We have our own defibrillator and First Aid Kit at all our classes, events and on our walks.

— All equipment such as exercise bikes, rowing machines, cross trainers and various equipment for classes plus social events are owned and funded by **HEARTBEAT**. The room hire for classes is paid for by **HEARTBEAT**.

♥ Social Events

— We have a wide selection of social events: monthly lunch club, themed suppers, canal trips, coach trips, annual dinner and lots more.

♥ How Do You Join?

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- From Cardiac Rehabilitation courses and / or Calderdale Better Living courses at the end of which you join **HEARTBEAT**.
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- Either way you must complete our membership form, and have it signed by your Doctor / Practice Nurse to ensure you are able to take part in exercise / walks. Your membership fee is due when you join **HEARTBEAT** and renewal is each June.

— Remember you must meet at least 1 of the 5 criteria: you have a heart condition or have had a cardiac event, you have high blood pressure or high cholesterol (even if you are on medication), you are overweight (BMI greater than 25), you are diabetic (Diabetes 1 or 2).

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THE WONDER OF EXERCISING

WHY IS IT GOOD TO EXERCISE?

BOOSTS CARDIO

Regular exercise will provide a good cardio workout, which gets your heart and lungs to work harder. Which over time, will make your heart stronger and more efficient. This helps improve blood flow and reduce the risk of cardiovascular disease.

STRENGTHEN MUSCLES

Exercising regularly will help you build lean, strong muscles to support the body and retain good posture.

CONTROL WEIGHT

Exercising is a great way to burn calories and stay in shape. A 60-minute exercise class / visit to the gym could burn about an extra 250 calories each session.

LOWER BLOOD PRESSURE

Regular exercise can lower your blood pressure. This can reduce the risk of heart attacks or strokes.

REDUCE STRESS

Stress hormones can put an extra burden on the heart. Exercise of any kind can help you relax and ease stress.

REDUCE INFLAMMATION

With regular exercise, chronic inflammation is reduced as the body adapts to the challenge on many bodily systems

IMPROVED SLEEP

Exercise can help you fall asleep faster and sleep longer.



As smokers become fitter, they often find it easier to quit.



Research has shown that regular exercise can reduce the risk of developing diabetes by over 50%, by allowing the muscles to better process glycogen, a fuel for energy, which when impaired, leads to excessive sugar and thus type 2 diabetes



Try and do 150 minutes a week of moderate exercise



JOIN A GROUP



Exercising with other people can turn an exercise session into an enjoyable social occasion.

If you have had / have a cardiac issue, are diabetic, have high blood pressure or cholesterol, overweight then you could be eligible to join HEARTBEAT.

HEARTBEAT holds exercise classes on Tuesday and Thursday mornings plus on Wednesday evenings. With BACR approved trainers, who are DBS checked, First Aid qualified and have a First Aid Kit plus an AED at the venue.

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