

## Strength & Balance Success Story - July 2018

### Gordon & Don and the Strength & Balance Class, Brooklands Church Hall, Bideford Street

Gordon Hudson and Don Gibson met just a few months ago at their local Strength and Balance class. They are now good mates and encourage each other through their exercises every Friday morning.

“It is great to have another bloke in the class, more men need to be involved, but they are stubborn and don’t often know what is good for them” says Gordon.

Every Friday morning at 9.30am the small class of over 65s come together in the Brooklands Hall on Bideford Street for their Strength & Balance class with Yvonne Taylor. Rain, frost or shine they come in to move, stretch and strengthen to improve their balance. The class is a mixture of movement, and stretching and strengthening using weights and bands.



After suffering several falls at home Don was referred to the Strength and Balance class by the hospital.

“It has been great for my joints and has improved my strength.” says Don.

“We do a lot of walking which is great but the exercises we do here give us an advantage. It gives us back some flexibility and strengthens the joints – otherwise we would cease up” says Gordon.

It’s so very beneficial, we have two tutors and they know our limits. They push us just enough and that is important.”

There are also four women in the class including Jill who stays in her chair for much of the class moving her legs and arms to the beat of the music. Her daughter brings her along to the class to improve her circulation. It is also great for her memory too, as she has to concentrate hard to coordinate her movements to the music and follow instructions from the instructor.

It’s not just the exercising; it’s also the social side of it. We had coffee and cake after class a few weeks back... well I had coffee.” winks Gordon.

Yvonne, who runs the class, is an ACC & Sport Taranaki approved Strength & Balance provider. Her voice echos gently through the hall with clear and easy instructions, encouraging the participants to give things a go.

“It’s a pleasure to have Gordon and Don in the class, they challenge each other and keep me on my toes.” says Yvonne.