

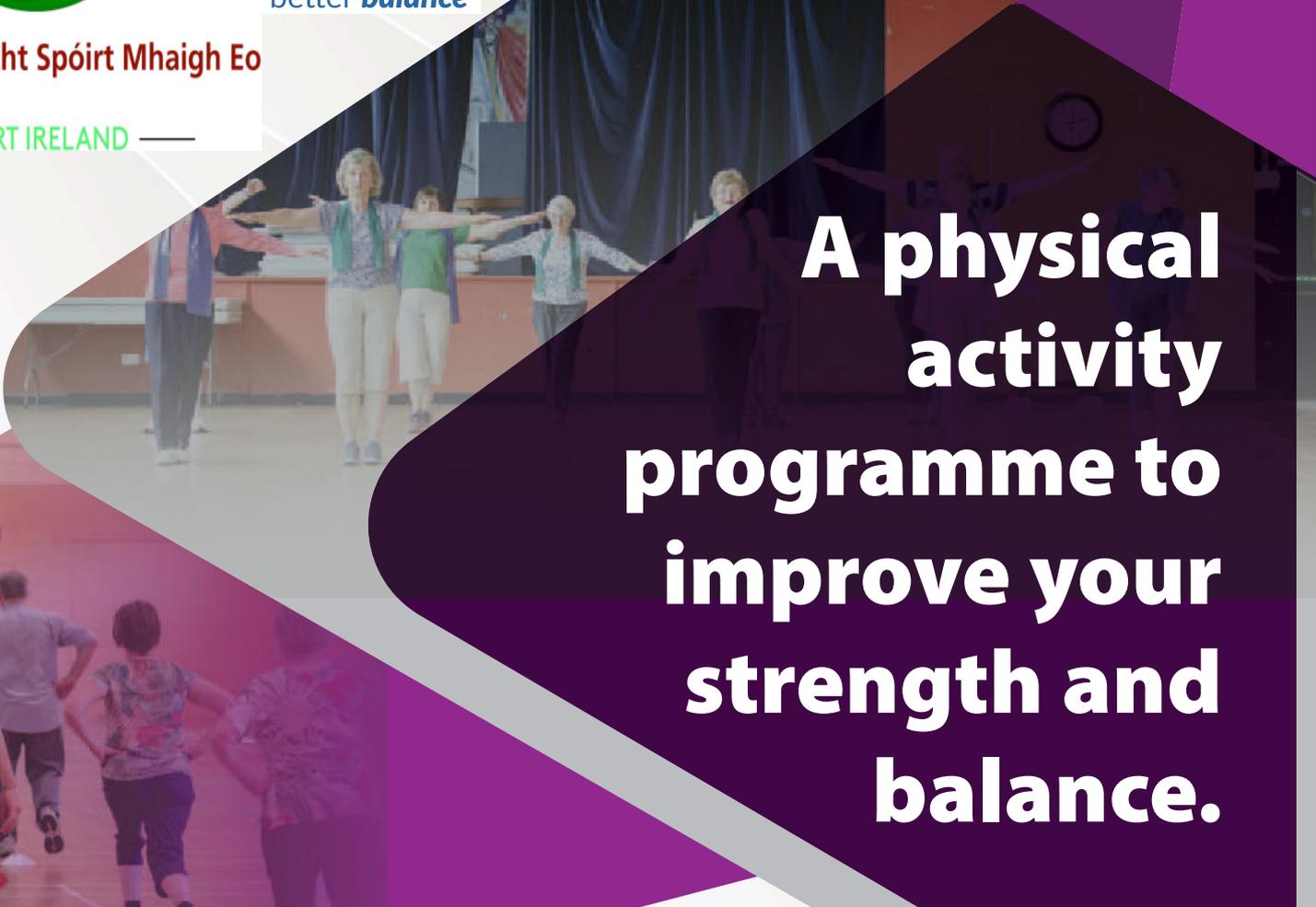
Mayo Sports Partnership



staying  
fit  
for the  
future  
better *balance*

Comhpháirtíocht Spóirt Mhaigh Eo

— SPORT IRELAND —



# A physical activity programme to improve your strength and balance.

The Better Balance programme includes an aerobic warm up and a series of exercises to challenge and improve;

- ✓ Your balance
- ✓ Your joint and muscle range of movement
- ✓ Your flexibility, bone strength and muscle power
- ✓ Your physical activity levels

**NOW IS THE  
TIME TO ACT  
FOR YOUR  
HEALTHY  
FUTURE!**

## Contact:

Edel O'Malley  
Physical Activity for Health Officer  
Mayo Sports Partnership  
087 476 4140  
eomalley@mayococo.ie



Cúram Sláinte  
Phobail, Iarthar  
ag freastal ar Ghailimh,  
Maigheo agus Ros Comáin

Community  
Healthcare West  
serving Galway, Mayo  
and Roscommon

Mayo Sports Partnership



# A physical activity programme to improve your strength and balance.

Comhpháirtíocht Spóirt Mhaigh Eo

— SPORT IRELAND —

- The duration of the programme is **10 weeks** and each session is **1hr in length**.
- The cost of the programme is €60
- **Pre Booking is essential** as limited places available.
- Programmes are run across communities in Mayo
- Suitable for adults who walk independently (without a walking aid) and want to stay strong on their feet and falls free for life.



If you are wondering if this is the programme is for you, check if you can do the following simple test of balance and strength; Cross your arms across your chest, then, stand on 1 leg and close your eyes, now stand tall and steady for 10 seconds... If you find yourself a bit more wobbly than you expected, and your balance isn't "as good as it used to be", this **Better Balance** is the class for you.

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

— SPORT IRELAND —



Cúram Sláinte  
Phobail, Iarthar  
ag freastal ar Ghallimh,  
Maigheo agus Ros Comáin

Community  
Healthcare West  
serving Galway, Mayo  
and Roscommon



## Contact:

Edel O'Malley  
Physical Activity for Health Officer  
Mayo Sports Partnership  
087 476 4140  
eomalley@mayococo.ie



Cork  
Sports Partnership  
Comhpháirtíocht  
Spóirt Chorcaí  
— SPORT IRELAND —