

## HAPPY HEARTS CLASSES

Mon	10.00am	St Elizabeth Hall	Salisbury
	11.30am	St Elizabeth Hall	Salisbury
	6.30pm	Rivers Meet	Gillingham
Tues	11.00am	Youth Club	Shaftesbury
	6.15pm	Livestock Market	Salisbury
Wed	No Classes		
Thur	2.00pm	Victoria Hall	Tisbury
	6.00pm	St Elizabeth Hall	Salisbury
Fri	11.00am	Boscombe Rec Ctr	Amesbury
	2.30pm	Youth Club	Shaftesbury

Exercise DVD £10.00

1 Hour Exercise session you can carry out at home.  
No equipment necessary  
Generously funded by members and sponsors of  
Happy Hearts Exercise and Support Group

DAY SESSIONS £5.00 EVENINGS £5.00

COUPLES £8.00

ALL PAY AS YOU GO PER SESSION  
NO MONTHLY MEMBERSHIP

AMPLE FREE PARKING ALL CLASSES  
ASK ABOUT SPECIAL RATES FOR REGULAR ATTENDANCE

## HAPPY HEARTS

### WESSEX HEALTHY LIVING EXERCISE CLASSES

SALLI GRANT  
EXERCISE THERAPIST

WINNER BHF HEART HERO AWARD  
FOR  
INNOVATION 2016

BA (HONS) PEA OU COPD  
BLF Pulmonary Rehabilitation Instructor  
(Level 4)  
BACPR (British Association of Cardiac &  
Preventative Rehabilitation)  
BACPR Phase III & Phase IV Instructor  
BACPR Advanced Phase IV Instructor  
BACPR Exercise Prescription for Heart Failure  
Patients

Affiliated to and



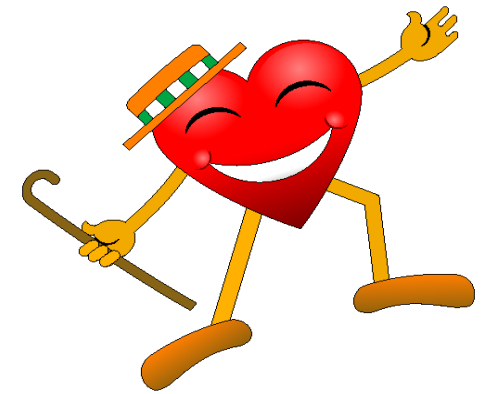
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Salli's Happy Hearts

## HAPPY HEARTS



### WESSEX HEALTHY LIVING EXERCISE CONSULTANTS

Leading The Way In  
Prevention Secondary and  
Remedial Health Care

Affiliated to and



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## Why come to Happy Heart Exercise Sessions

*Happy Hearts* offers structured exercise to anyone who wants to maintain a healthy level of fitness.

*Happy Hearts* was primarily for Phase IV Cardiac Rehabilitation patients, but due to the connections with other medical conditions it is now open to anyone of any age that may have a medical condition or just feel the need to get fit, although generally structured for the over 45's our youngest is 15 and oldest 94

Heart problems are linked to a number of medical conditions including:

**Obesity Epidemic** – 64% of people overweight in the UK

**Hypertension** – 30% of people suffer from high blood pressure in the UK, many not even knowing it.

**Diabetes** - There are **3.2 million people** diagnosed with diabetes in the UK and an estimated **630,000 people** who have the condition, but don't know it.

**Stroke** - Every year, around **110,000 people** have a stroke in England and it is the third largest cause of death

**Stress** – 12 million adults in the UK see their GP with mental health problems each year.

*Happy Hearts* provides regular, well structured exercise that can reduce obesity, high blood pressure and the effects of, or chance of, having coronary heart disease. It increases your body strength, stamina, mobility, confidence, posture and balance, vital as we get older. It's not about running a marathon or climbing a mountain. It's about having a functional ability to stay heart healthy and independent in later life.

*Happy Hearts* provides controlled, monitored, safe and effective fun exercise sessions, all to music you will know, where individuals can progress at their own pace. It is a circuit based exercise format that is used in the sessions which is the proven way of improving all over fitness for all types of participants. Short bursts of different exercises to strengthen the heart, the cardiovascular system and major body muscles, without putting any of them under undue stress but making the heart work to its full potential.

*Happy Hearts* can also offer emotional support. After any heart problems or awaiting surgery it can be an emotional time for both you and your family. The emotional effects after heart surgery can cause anxiety and depression which in turn can cause problems at work, with relationships and socially.

*Happy Hearts* classes are welcoming, fun and sociable. Working out and talking to people that are there for similar situations and have experienced similar problems, can be of great help.

*Happy Hearts* is a tonic and puts laughter back into your life because exercising with others is so much fun that the body releases endorphins, or 'happy hormones' which not only make you feel good, but increases your self-esteem, boosts your immune system and enables you to cope with stress more easily.

*Happy Hearts* sessions fly by when your mind is taken off those 'slightly painful bits'. Prevention of CVD, Diabetes and Hypertension is as important as rehabilitation, so why not bring along a partner, friends or family members. They will enjoy it and will be of great support and help

*Happy Hearts* exercises, along with communication and a balanced diet will help you get fit and well and lead a healthier lifestyle

**Affiliated to and**

