



BEACH HOTEL FITNESS SUITE - MINEHEAD

INVITATION TO PEOPLE LIVING WITH PARKINSON'S

The Beach Hotel Fitness Suite was opened in January in 2016. The project's aim was to become the 'go to' place for the West Somerset community to come and regain their physical activity levels and enjoy the health benefits that regular exercise brings.

The Fitness Suite is situated at the rear of the refurbished Beach Hotel opposite the train station on Minehead seafront. It consists of two exercise studios and a gym with modern equipment which enables the most inactive individuals to get started!

The centre's main focus is GP Referral for Exercise and receives weekly referrals from all of the GP Practices in West Somerset. The four staff at the centre are all Level 4 GP Referral for Exercise and Cardiac Rehab trained, and after an initial consultation to determine the most appropriate exercise plan, each client will start on a 12-week programme, initially usually gym based so that weekly progress can be monitored. At the end of the 12 week introductory period nearly all clients feel so much better that they become members!

The centre also offers classes in yoga, Pilates, gentle circuits, or Nordic Walking (on the beach!) as an alternative, or as well as, gym sessions.

Fitness Suite members receive discounts in the Beach Hotel coffee shop and restaurant, which most members enjoy as a reward after their workout. Some members say that the social afterwards is as beneficial to their health as the exercise!

There are already members of the Fitness Suite with Parkinson's exercising regularly who have come through the GP Referral for Exercise scheme, and are participants in current programmes.

Parkinson's UK have arranged an Open Morning on Tuesday 19th June from 10.30am - 1pm when Neil Smart, the Parkinson's UK Area Development Manager, will explain the benefits that regular exercise can have. There will also be an opportunity to look at the opportunities that the centre offers, and to ascertain whether there is any demand for a Parkinson's specific weekly exercise group which one of the staff at the Beach will lead. If you would like to attend to find out more then please ring or email:

Neil Smart (Parkinson's UK) Tel: 0344 225 3690 email: nsmart@parkinsons.org.uk

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