



# Keep Phytt



We have a new instructor for our Tuesday sessions of Keep Fit, renamed as above. Carol Simpson who has a company of her own will take our class. Here are a few details about Carol from her website.

Hi I'm Carole, the face behind Keep Phytt!

I've been teaching exercise classes specifically for older people for over five years and I've been teaching individuals how to manage pain and improve movement with exercise for over thirty-five years as a physiotherapist.

Finding an exercise class when you are young and healthy is easy but finding one when your health and movement start to change for the worse is difficult.

Just when you need that encouragement and support you are on your own! It's so easy to feel it's not worth the effort and give up, which is why I started Keep Phytt. Silly spelling because everyone called it their keep fit class and I'm a physio!

What do I mean by older? Generally, I mean people in the second half of their lives. Most people in the classes are older than me but there is no age limit -up or down.

The hardest part isn't getting your body in shape. The hardest part is getting your mind in shape!

If you like the idea of being active and independent as you get older but still have doubts about whether it's right for you, just give Keep Phytt a try.