

‘Gentle Exercise for Older People’ is a circuit-based class using a cardiac rehab model. It is a widely used exercise model for people with low fitness levels and is proven to produce good results. This particular design uses 8 stations of 2 exercises to each station. Each station has a chair which can be used for support during the class, if a participant gets very tired or needs some help to balance.

Warm up: The long, slow warm up is appropriate to people with long term conditions but is suitable for anyone with lower levels of fitness. We walk around the room and add in exercises for upper body and some exercises from the main part of the class. This gets everyone’s blood pumping, lungs going and fully warmed up and ready for exercise without exhausting them first! 10 mins

Main session: Each participant does 1 minute on each exercise, choosing the level to work at for themselves. Each exercise has harder or easier options. The exercises are RED (lower body and more effort) followed by a BLUE (mostly upper body, less effort). After 1 round of 8 stations (16mins) we break for a group exercise, then do another round. 35-40 mins

Cool down: We finish with a cool down of walking and gentle movement to bring the circulation back to normal, then have a stretch to finish. 10 mins

Total time is 55-60 mins.

Gordon Faulkner has 20+ years of experience teaching fitness in gyms and studios and has found a niche working with older people. After 3 years working with Falls Prevention and Long-Term Conditions for Edinburgh Leisure, he switched to concentrate on his training company, Blue Banana Fitness. Blue Banana is a partnership between Gordon and his wife Grace, and they deliver Personal Training and fitness classes around Edinburgh for people of all ages and abilities. The emphasis is on fun and enjoyment of exercise as well as getting results.

