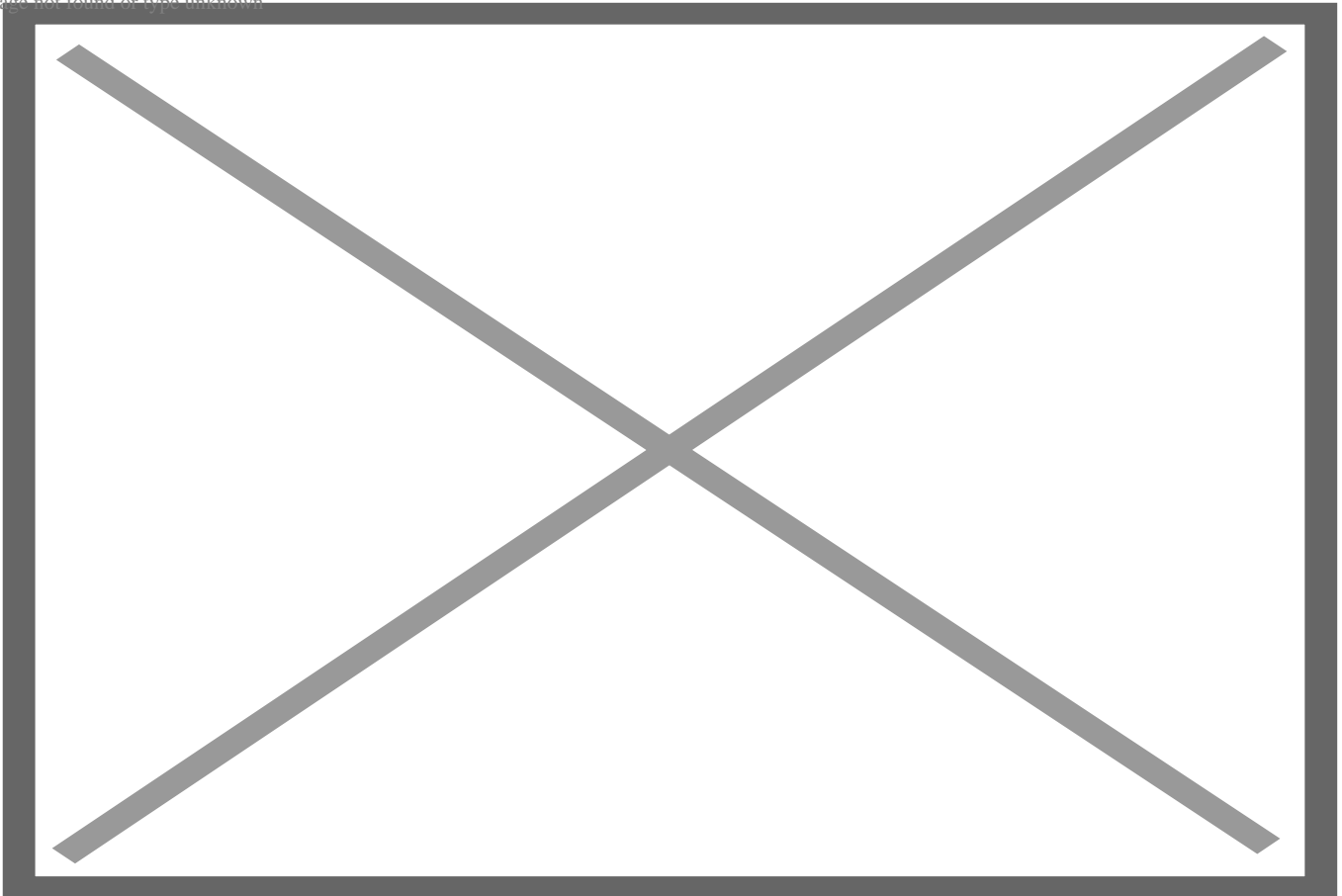




Exercise elevates the post-pandemic life

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Exercise is essential to helping us enjoy a high quality of life as we get older. That's the finding of fitness instructor Georgina Cliff.

She's been watching residents at Belong Newcastle-under-Lyme defy stereotypes of older people – as they celebrate the re-opening of the village's specialist gym.

Exercise plans are designed to enable customers maintain mobility

Residents recently returned to the gym following the easing of Covid-19 restrictions. Exercise plans developed by Georgina, in conjunction with health professionals, are designed to enable customers:

- maintain mobility;
- prevent falls;
- manage a range of health conditions.

One apartment tenant pleased to see the gym reopening is 77-year-old John Yarwood. He was a regular face at the facility prior to the pandemic. John has been using exercise to manage a septicaemia infection following a knee operation over a decade ago.

Georgina had continued to support John to exercise outside his apartment, putting in place a special one-to-one programme to maintain the knee's strength and movement. Even so, he's relieved to be back in the gym.

'It's great to be back on the exercise bike,' said John. 'I can't thank Georgina enough for helping me make the best of the situation – I'm over the moon with how things have gone.'

'Exercise is a key factor in maintaining...physical and mental health'

Maintaining wellbeing through exercise is a key part of the centre's philosophy. 'Exercise really is a key factor in maintaining people's physical and mental health – whatever their age,' said Georgina.

'It really has been a lifeline for John and we're pleased we've been able to adapt during Covid and maintain exercise regimes that are vital to people's health. The results have been incredible and it's given John and his wife, Chris, the reassurance they can still enjoy a high quality of life.'

[Belong](#) is a not-for-profit organisation with over 30 years' experience in providing care. *(Photo: John Yarwood, apartment tenant at Belong Newcastle-under-Lyme, with Belong Fitness Instructor Georgina Cliff)*

Category

1. News & reviews

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