

## Physical fitness classes

### How can exercise help me?

- Exercise is good for our body.
- Exercise is good for our mood.
- Exercise can be a good way to socialise and connect with new people.



### Who are 'Sweet Result Fitness'?

Sweet Result Fitness is a group of friendly people who enjoy exercising together.



There are over 30 different exercises classes you can choose from.

North Somerset People First can prescribe you 8 **FREE** exercises classes of your choice to attend.

### Buddy scheme

North Somerset People First are working in partnership with Sweet Result Fitness.

We are able to provide support to people on their fitness journey. A buddy will be able to help you if you are feeling anxious or just need some general support during your class.