

Seniors encouraged to keep active

JOHN McMurray, the Dornoch Firth Group's falls prevention officer, is encouraging everyone to engage in some activity to improve their fitness and general health.

He explains that as people get older they convince themselves, or allow circumstances to dictate, that they no longer need to exercise.

The opposite is the case as the lack of exercise is the greatest factor in causing falls. This is because allowing lower limbs to become weak causes instability and loss of balance.

John reports that there is a group of people, some of whom are in their eighties, living in Dornoch who are kicking this trend. They meet each Tuesday morning for exercise, and sometimes as many as 25 turn up. Over a two-year period they have improved dramatically, benefiting from the exercise classes, becoming more erect, confident walkers able to face the challenges that life throws at them.

They are now capable of completing their exercises with weights on their ankles.

One lady in her eighties said that in the last year since starting to attend the Dornoch exercise class, she has stopped falling, and she has not needed to visit the doctor as regularly as she did the previous year.

John would like to encourage all people in their sixties or older to start on the journey back to better strength. He is happy to provide a voucher for anyone in this age group to attend a class, which is



Enjoying the exercise classes in Dornoch.

free, run by Engaging with Activity in Helmsdale, Rosehall or Dornoch. Classes normally cost £3 per session which includes a cuppa afterwards.

Helmsdale Community Centre:
Mondays, 11.15am-12.30pm
Rosehall Village Hall: Mondays,
2.30-3.30pm

Dornoch Social Club: Tuesdays,
10.30am-12.30pm
For your free voucher contact
John McMurray on 01862 810835.