

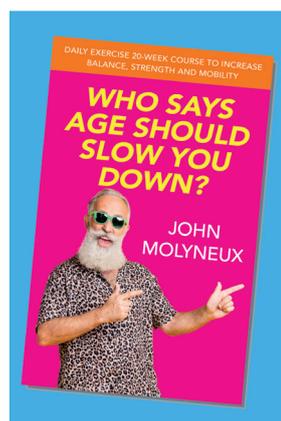
# Welcome to MolyFit!

Thank you for participating in the MolyFit exercise programme. We'd like to begin our journey with a little information about what we do and what you can expect from this course.

## What is MolyFit?

MolyFit is all about exercises designed specifically for the over 65s to improve your health and wellbeing. John created Molyfit to act as a voice for older adults in the youth-oriented fitness industry.

MolyFit will encourage and support you to do exercise daily. Doing just a few minutes a day can be extremely beneficial for your health. This is what we want to show you, and we can't wait to hear about your results.



## What should I expect?

You'll complete the exercise programme over 20 weeks. The easy-to-follow instructions for each week are set out in the book that's in this pack. Each week you'll do one or two short daily exercises. With every new week, you'll get a new exercise challenge. This programme focuses on exercises to help increase your mobility by improving balance, strength and coordination.

As well as working through the programme using the book, you can take part in live online classes run by John, the founder of MolyFit. He will go over the exercises for that week, showing you how to get the best out of doing them correctly.

Classes will run Tuesdays and Thursdays at 11.30am. They will be live, direct from the MolyFit YouTube channel. Go to [www.molyfit.co.uk/wellness](http://www.molyfit.co.uk/wellness).

## What do I need?

All we ask is that you try! The exercises will take around five minutes of your time each day. You don't need any fancy equipment or clothing, just yourself. We've designed the exercises so that you can do them safely by lying on a bed, sitting on a chair or standing up.

In weeks 1, 2, 8, 9 and 11 you'll do the exercises lying on a bed.

In weeks 3, 5, 10, 11, 15 and 16 you'll exercise using a supportive chair, such as a dining chair. The height of the chair is important. Make sure when you are sitting that your bottom is not lower than the height of your knees as this could cause back issues.

In weeks 4, 6, 7, 12, 13, 14, 15, 17, 18, 19 and 20 you'll do the exercises standing up.



Thank you for taking the time to read over this information. Who says age should slow you down? *Let's get going!*

[www.molyfit.co.uk](http://www.molyfit.co.uk)