



# Steady Steps Programme

A free, rejuvenating exercise programme helping develop strength and balance.

Classes running at Lutterworth, Hallaton and Market Harborough.  
Also available in other rural areas.

- Steady Steps is a 24-week programme tailored to people over 65 who have previously fallen or worry about falling and is designed to help improve balance and stability.
- Delivered by Level 4 specialised Postural Stability Instructors, the classes are tailored to each individual's abilities and will progress in difficulty throughout the programme.
- Each class is 90 minutes and booking in advance is essential

"I have found Steady Steps of great benefit. I leave each class feeling much more flexible. Particularly in winter I feel very stiff and this has been a great help as I have noticed simple things like putting my socks on is easier."



To sign up or for further information please contact:

Email:  
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