

Proudly partnered with



CARE ENGLAND

The voice of care



**BE
GREAT
FITNESS**

BEGREATFITNESS.ORG

MOMENTS THAT MOVE PEOPLE



SEATED EXERCISE

Our seated exercise sessions bring physical and mental well-being to care home residents through gentle, low-impact activities accessible to all, regardless of mobility. These exercises boost circulation, improve flexibility, and maintain muscle strength—key to daily tasks and fall prevention.



VARIETY

Our activities include boxfit sessions for cardiovascular health and exercises that improve balance and coordination. Designed to enhance strength, stability, and overall well-being, we focus on functional fitness to help individuals carry out daily tasks with confidence in a supportive environment.

PARTNERED WITH



CARE ENGLAND

The voice of care

We are proud to partner with Care England, collaborating to enhance the quality of life for older adults in residential care. With their support, Be Great Fitness is empowered to promote the vital role of fitness in maintaining independence and well-being among seniors. Together, we are committed to inspiring the next generation to explore fulfilling careers in adult social care. This partnership not only enriches our work but also strengthens our impact within the community.

FIND US ONLINE

