



**MOVE IT
OR LOSE IT!®**

COVID-19 SUPPORT PACK

**MOVE IT
OR LOSE IT!®**
For healthier, happier lives

powered by
**ROYAL
VOLUNTARY
SERVICE**
Together for older people



A message from Julie

“

The health and safety of our class members is our priority and given the latest directive on social distancing and avoiding public gatherings, sadly all our classes will have to be stopped until we receive new guidance. We know this will impact so many peoples' lives so here our support pack to help you through these difficult times. Stay safe.

”

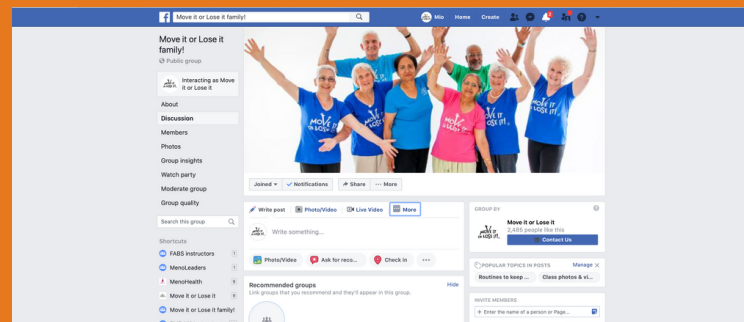
J Robinson

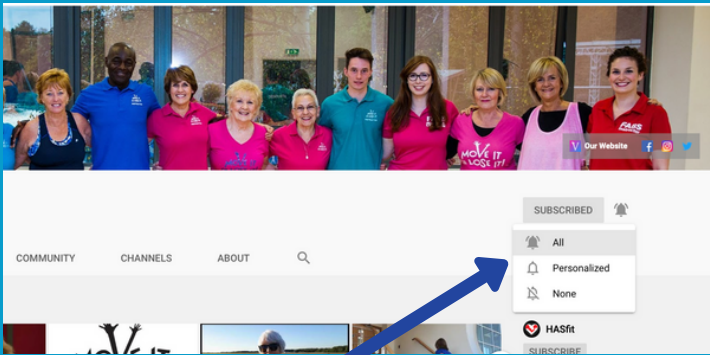
Founder of Move it or Lose it!



Move it or Lose it family

So that everyone can continue to socialise and exercise with *Move it or Lose it* in the comfort of their own home, we have a private Facebook group where we will share free routines, class photos and chat to each other.





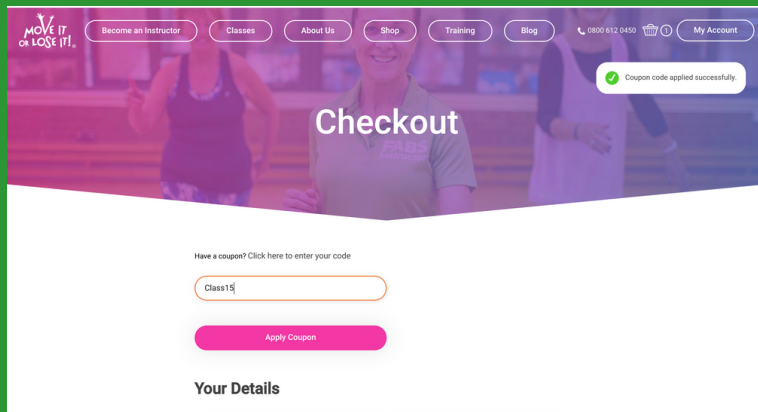
Discounted Move it or Lose it products

We're offering a 15% discount code across our entire range of balls, bands, DVDs and book. Please quote code **Class15** at the checkout.

You can place your order via our freephone number on 0800 612 0450. This line is available Monday - Friday between 9am and 5pm.

Alternatively, please visit www.moveitorloseit.co.uk/shop/

Just enter the code at the checkout with the following dropdown option:



The screenshot shows the checkout page of the 'MOVE IT OR LOSE IT!' website. At the top, there is a navigation bar with links: 'Become an Instructor', 'Classes', 'About Us', 'Shop', 'Training', 'Blog', a phone icon with '0800 612 0450', and 'My Account'. A green notification bubble states 'Coupon code applied successfully.' The main heading is 'Checkout'. Below it, a text prompt says 'Have a coupon? Click here to enter your code'. A dropdown menu is open, showing 'Class15' as the selected option. A pink 'Apply Coupon' button is below the dropdown. At the bottom, the text 'Your Details' is visible.





Rent our DVDs online

So that you can continue to exercise with *Move it or Lose it* in the comfort of your own home, to stay strong and independent, we've made all of our DVDs available to rent online. These can be purchased and then accessed via our website using any device which has internet access.

Please note we're only able to process these orders online, not via our freephone sales line.

Routine 1

This chair based exercise routine is ideal for people who are concerned about their ability to stand while exercising. With lovely classical music and lots of careful direction you'll find that this is a really easy routine. This is what our customers say about Move it or Lose it! Routine 1...

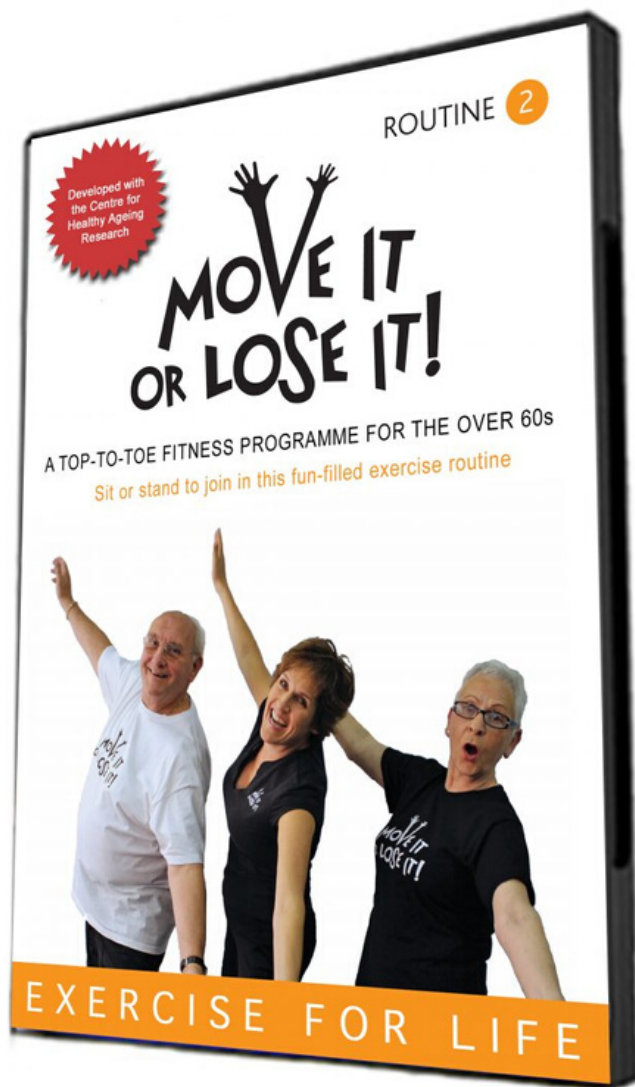
"This DVD is very easy to do and the results for me have been great, I'm very pleased." Harry *"I love this video, really easy to follow." Pearl Chrisp*

You'll do exercises to help improve your posture, grip strength, circulation, mobility, strength, continence and confidence.

[Buy a DVD now](#)

[Buy an online copy](#)





Routine 2

Routine 2 gives you the choice of sitting or standing to exercise. If you have balance problems or haven't exercised for a while you may prefer to start the exercise routine sitting down and as you improve you can progress to stand for part of or all of the routine. This is what our customers say about Move it or Lose it! Routine 2...

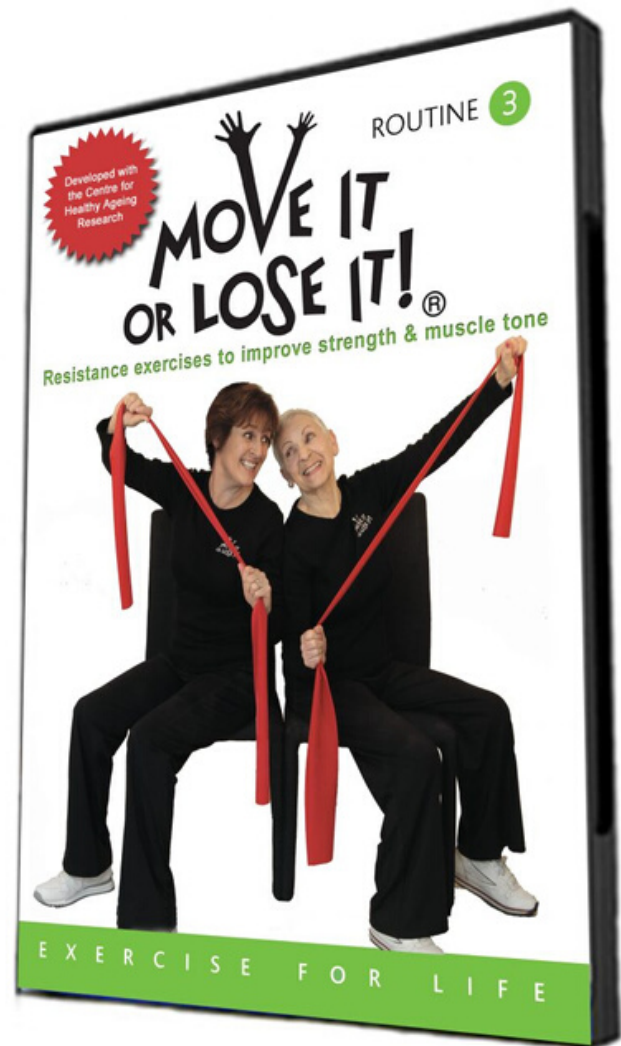
"This DVD is excellent for older people. It goes through every exercise with precise instructions and is very easy to follow" Pat

The routines, done to lively cheerful music, can help you to improve your flexibility, strength, stamina and balance. You can even track your progress with our 30 second sit-to-stand test.

Buy a DVD now

Buy an online copy





Routine 3

How can this DVD help you? As we age we tend to lose muscle mass and strength, but the good news is that this can be prevented, slowed or even reversed through strengthening exercises. Guidelines from the Department of Health recommend that we include strength exercises twice a week and DVD No. 3 is an ideal way to do just that. This is what our customers say about Move it or Lose it! Routine 3...

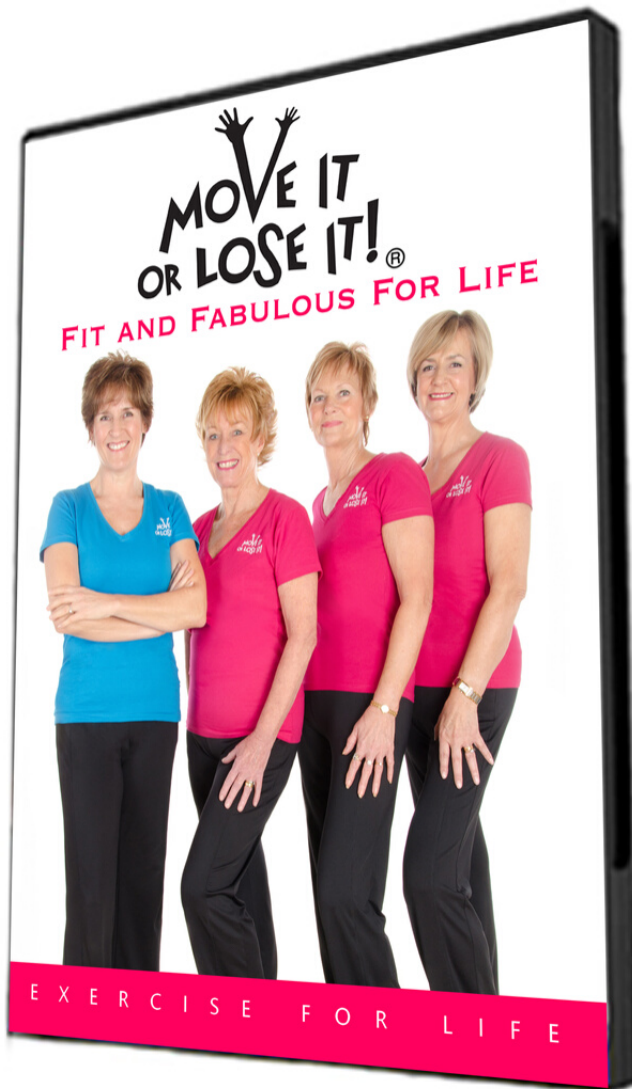
"I have joined a local chair based exercise class and this DVD is very useful for practising at home." Catriona"

This DVD includes eight different exercises to help improve muscle strength by using resistance bands. To view our range of resistance bands, **click here**. The exercises are grouped into four sections so each time you follow the exercise DVD you can work on different muscle groups for the upper and lower body. Each section starts with a warm up and ends with stretching and a cool down to music.

Buy a DVD now

Buy an online copy





Fit & Fabulous for Life

Be inspired by the 3 women who have changed their lives through exercise to look fabulous and feel great; their message is "If we can do it, so can you!" Their stories are truly inspirational and their improvements are genuinely amazing, overcoming their battles against cancer, weight issues and major surgery. They show it is possible to come back from life's challenges stronger, fitter and feeling fabulous.

This DVD is a challenging collection of calorie-burning aerobic, toning, stretching and balancing exercises done to lively music. With lots of helpful hints on how to adapt the exercises to suit you, this total body workout is a great way to improve your overall fitness, tone, strength and balance. This is what our customers say about Move it or Lose it! Fit and Fabulous for Life Exercise DVD...

"This DVD is absolutely brilliant, I use it every day. Since following the exercises I am feeling so much better." Lynne

Buy a DVD now

Buy an online copy



Watch the promo



Put Pep in your Step

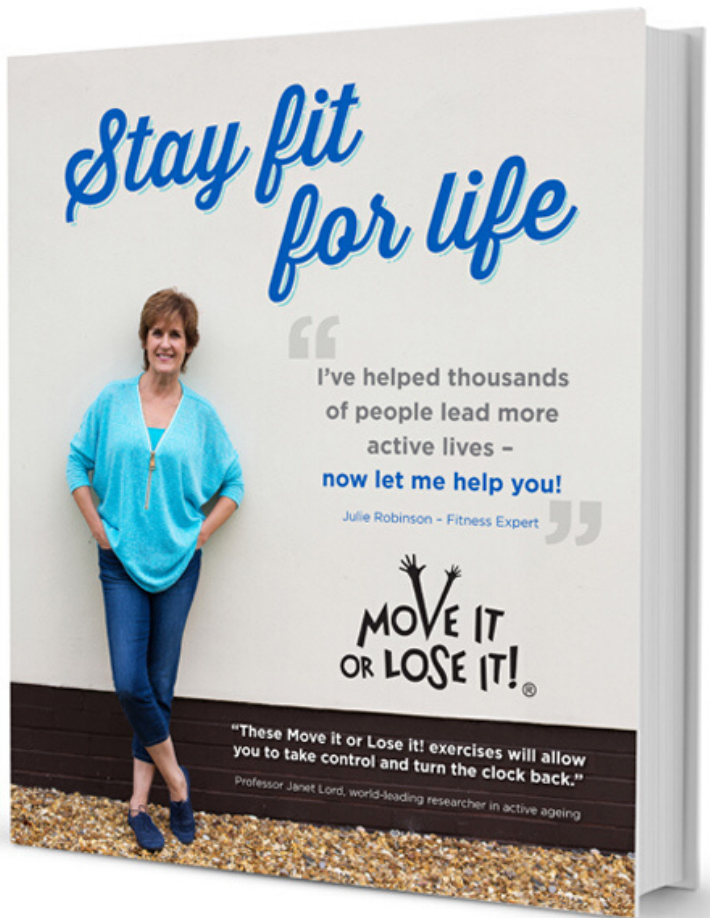
This a double disc DVD set which has been developed by scientists to improve your everyday life with easy-to-follow exercises that are fun to do. These exercises will help you to feel stronger, more mobile and confident so you can enjoy life to the full. The routines have been adapted from a validated and research based programme of exercise so we know they really do work!

Move it or Lose it! are very proud to have been commissioned by the NHS University Hospital Birmingham and The Centre for Healthy Ageing Research to bring this excellent programme of exercises to older people everywhere and help them put more pep in their step! There are 2 DVDs in this set which combine exercises to improve mobility and flexibility, strength, circulation and confidence. PEP1 is all done from a chair and PEP2 combines seated and standing exercises. There is also an optional section on balance.

[Buy a DVD now](#)

[Buy an online copy](#)





Stay fit for life book

This essential guide has 30 easy to follow exercises to help keep you moving and stay fit for life as you age. By following the Move it or Lose it! programme you can improve your strength, mobility and confidence so you can keep doing the things you enjoy and live life to the full. Even 10 minutes, twice a day can really make a difference Julie's top tip:

"Leave your book out on the kitchen worktop so everytime you make a cuppa you can do a few more simple exercises!"

Professor Janet Lord, world-leading researcher in active ageing says. "These Move it or Lose it! exercises will help you to take control and turn back the clock."

Buy a copy



Balance Routine

Improve your balance in 5 minutes

[Watch now](#)



The Cuppa Routine

5.5K views • 3 years ago

Cuppa Routine

4 simple exercises you can do in the time it takes to boil the kettle

[Watch now](#)



Pelvic floor exercises

2.6K views • 3 years ago

Pelvic Floor exercises

[Watch now](#)

**On behalf of all the *Move it or Lose it* Team,
please take care.**

