

Do you need ongoing exercise and find the gym inaccessible or intimidating?

Come and take a look at our assisted exercise facility

**body
BASIC**
MOVING FORWARD
with assisted exercise

Clients at BASIC are invited to become members of Body BASIC. Our new assisted exercise suite, at the Neurocare Centre, has fifteen state-of-the-art power-assisted exercise machines that have been designed with the help of British engineers, in conjunction with doctors, physiotherapists and exercise specialists.

How do they work?

Each person is assessed by a neuro-physiotherapist and a program of exercise prescribed. Assistants are on hand at all times to help and re-assessments are made at regular intervals, as recommended by the physiotherapist. The machines appear to do all the work for you and exercise can be passive, resisted or cardiovascular. Each machine is designed to exercise more than one part of the body at the same time, halving the time it takes to see results. The machines are of great benefit to wheelchair users, people with restricted mobility & those with reduced levels of physical conditioning.

Who can benefit?

People with:

- Mild, Moderate & Traumatic Brain Injury
- Acquired Brain Injury
- Stroke
- Spinal injury
- Parkinsons
- Multiple Sclerosis
- ME (Chronic fatigue Syndrome)
- Other neurological injury & conditions

What will the benefits be?

Benefits can include increased functional capacity, improved circulation, increased mobility & co-ordination, increased muscle strength, and increased general health, fitness and well-being, Improved mood and self esteem, reduction in the risk of stroke, heart disease, hypertension, diabetes etc.

When people are physically active, their bodies release natural painkiller and stress reducers called endorphins. Endorphins help to lower levels of anxiety and depression and create a sense of well-being.

Charges

We are charging for this service in order to cover costs of purchasing the equipment and running the service. Any profit made will go towards the running of the Neurocare Centre. Please contact us for prices.

Current opening times are Monday to Thursday 10am to 4pm.
Enquiries to BASIC
Tel: 0161 707 6441 or email: bodybasic@basiccharity.org.uk



Ten Good Reasons to Use Assisted Exercise Therapy



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1. BASIC has fifteen assisted exercise and autotherapy machines making ongoing exercise easier than you thought possible.
2. There is overwhelming medical evidence to show that regular exercise can help improve a good number of chronic medical conditions as well as mood disorders.
3. These machines are designed for non-exercisers. Ideal for those people who have not taken part in exercise for some time. No fitness fanatics are allowed!
4. Improve your figure, lose surplus body fat and speed up metabolism. If you are too busy to exercise just two half hour sessions each week will get you results. Each machine is designed to exercise more than one part of the body at the same time, halving the time it takes to see results.
5. The machines are of great benefit to wheelchair users, people with restricted mobility & those with reduced levels of physical conditioning.
6. Increase self-esteem - the way that someone looks can have a great affect on the way that person feels.
7. You don't need to change into gym clothes but can use the exercise chairs in everyday clothes, ladies need to wear trousers.
8. You can attend Body Basic up to four times a week with exercise prescribed by a physiotherapist .
9. Relaxing atmosphere and friendly and supportive staff are dedicated to helping you achieve wonderful results.
10. All profit from this service goes towards the running of the Neurocare Centre.

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Enquiries

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Even moderate exercise can help your outlook

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There is a substantial body of evidence to show a causal link between physical activity and reduced clinical depression. Studies have demonstrated that exercise can be as effective as medication or psychotherapy.

While most people know that exercise is a great thing for our bodies, many people are unaware that exercise is also very beneficial to the mind as well. Regular exercise has been shown to deliver an emotional and mental boost along with enhancing self-esteem and brain activity.

When people are physically active, their bodies release natural painkillers and stress reducers called endorphins. Endorphins help to lower levels of anxiety and depression and create a sense of well-being called an exercise "high."

The overwhelming majority of studies carried out have shown a positive benefit for depressed patients engaging in exercise therapy. Studies have shown that even moderate exercise can improve a person's outlook on life and make that person feel less anxious. Both the Chief Medical Officer and the National Institute For Clinical Excellence have acknowledged the results of these studies in their publications, and the 2004 government white paper, Choosing Health, states that: "regular physical activity reduces the risk of depression and has positive benefits for mental health, including reduced anxiety, enhanced mood and self-esteem"*

Beating stress

Stress releases many different chemicals and hormones that can do a tremendous amount of damage to the body. These chemicals can raise blood pressure, weaken the body's immunity to colds and other illnesses, impair a person's memory, increase fat cell storage and lead to depression. Regular exercise has been found to combat these negative chemicals and hormones by releasing the body's own natural beneficial chemicals.

There are several theories about why exercise is beneficial to mental health. These are related to biology (release of endorphins), sociology (meeting others and building new relationships), skill-mastery (improving body condition and creating achievable goals) and distraction (creating a diversion from negative thoughts).

Increasing self-esteem

The way that someone feels can have a great affect on the way that person looks. Distress and doubt can cause people to hunch their bodies in an effort of self-protection. In turn this causes their spine to become compressed and their breathing to become shallower. They then limit themselves to small movements, which leads to muscle and joint stiffness and weakness. Not only does that person appear to be sagging physically, their spirits begin to sag and their self-esteem goes straight to the floor.

Many times, just starting a new exercise program can help to raise the level of self-esteem. Confidence grows naturally as they progress through the program and continue to make physical gains. People need to make sure to choose activities that stretch and strengthen, as they will help them to stand taller, feel better about themselves and face the world with a more positive outlook.

Take time for yourself

People also need to include leisure activities in their programs to give their minds release from all of their everyday problems. A hobby and exercise can all give a person's mind the needed time away from everyday schedules, thoughts, worries and responsibilities. When they return to their regular life activities, they should feel refreshed and more able to take on the troubles that may be in their path.

* Department of Health (2004), Choosing Health: Making Healthier Choices: Department of Health p132