

# Is Exercise an Uphill Struggle?



**Power Assisted exercise therapy will help you:**

- \* Lose weight**
- \* Tone up**
- \* Recover**
- \* Increase strength**
- \* Improve mobility**
- \* Gain confidence**

**16 state-of-the-art power assisted machines will do all the work for you!**

**Open 4pm to 8pm Monday to Thursday**

**Enquiries 0161 707 6441**

**email [Bodybasic@basiccharity.org.uk](mailto:Bodybasic@basiccharity.org.uk)**

**or call in to see us at BASIC, 554 Eccles New Rd, Salford**

**body**  
**BASIC**  
**MOVING FORWARD**  
with assisted exercise