

[Type text]



# Energise with Elaine

## What's New????

### **DETAILS OF THE NEW TERM.....**

Can be found on the bookings page.

### **DVDs FOR SALE - £10 COLLECT AT CLASS OR £14.00 TO INCLUDE POSTAGE AND PACKING**

I have 2 DVDs for sale - as above:

- "For Starters" is for people fairly new to exercise, but wanting to get stronger and more flexible.
- "An hour's strength & balance" is for people a little more advanced than mentioned above.

Both start with a warm-up, followed by lower and upper body exercises. The DVD includes seated and standing exercises.

There is a section on balance and abdominal exercises, finishing with stretches.

Both DVDs last approximately one hour.

To purchase, please contact as mentioned above.

### **RADIO INTERVIEW**

You can listen to a broadcast of an interview I did in August 2013 by following this link <http://www.bbc.co.uk/programmes/p01dsf3d>