

# DEE BRISTOW

## PRIME TIME CO-ORDINATOR



### ABOUT DEE

“As someone who struggled with both my weight and my fitness levels for most of my life becoming a Personal Trainer at the age of 50 was the last thing I expected. Like all of us, I always knew I should be doing more to keep myself healthy and active but never seemed to find the time. As I got older I allowed my age to become an excuse. After being dragged to an exercise class by a friend I realised that if I wanted to be fit, healthy and happy in my later years, I had to take control and do something about it.

Our Prime Time group was set up to cater specifically for those of us 65 and over. When we asked our existing Prime Time members what they felt were the most important factors in maintaining a good quality of life as they got older, remaining independent, staying active and spending time with family and friends were right at the top. At our time of life we know we need to get active to stay active but we also want to make sure we have lots of fun and this is the ethos of Prime Time.

Being active is just about doing something, anything, that you enjoy and gets you out of the house for a few hours, whether it's meeting up with old friends, making new ones, going for nice walks, learning a new skill or engaging in some form of exercise.

There really is no reason not to build some form of regular activity into your everyday life, one of the most common misconceptions I come across is that the more common ailments we encounter as we get older are reasons for not being active - in fact, it's just the opposite. If you have a chronic condition affecting your muscles, joints, or bones, lack of physical activity can make the condition worse, or at least make it more difficult to live with. Medical research shows that the right physical activity is both safe and beneficial for people with arthritis, osteoporosis, and other chronic conditions of bones and joints.”

### QUALIFICATIONS

- BSc (hons) Health Studies
- Registered Nurse (retired)
- First Aid at Work
- Weight Management: Shape Up Facilitator, Metabolic Jumpstart coach
- Seated Exercise for the Elderly
- Fitness Yoga
- Teaching Fitness through Movement and Dance to Older Adults
- Water Fitness
- BodyBalance

### WHERE WILL YOU SEE DEE IN THE CLUB?

- Milon Circle - You can find Dee most weekday mornings on the Milon Circle offering help and advice to members, helping them to progress through the Milon stages and to get the most from their workout.
- FREE Health Checks - Dee is a retired nurse and offers 15 minute appointment slots on Tuesday, Wednesday and Friday mornings. To book please contact reception on 01932 560560.
- Exercise Classes – Dee runs three Low Impact Aerobics Classes on Mondays and Thursdays.

**SPEAK TO DEE IN THE CLUB OR SEND AN EMAIL TO [PRIMETIME@RBHEALTHCLUB.CO.UK](mailto:PRIMETIME@RBHEALTHCLUB.CO.UK)**