

FaME

Falls Management Exercise

- FaME can help to improve your strength, stability and physical fitness.
- Specially designed to improve your balance and mobility.
- Improve your confidence in getting around on your own.
- Small group sessions where you can meet new friends.

Call us on: **029 2183 2552**

Or email us: staysteady.cardiff@wales.nhs.uk

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ELDER FIT

Move
Eat
Sleep
Repeat!
Move more, eat well

Stay **••••**
Steady
Aros yn
•••• Gadarn

FaME is a gentle exercise programme developed to help improve strength, stability and confidence in balance. Delivered by specialist qualified exercise instructors, the small group exercise classes are specially designed to improve your physical fitness, strength, balance and mobility.

As well as helping you to feel steadier on your feet and improve your confidence in getting around on your own, the classes are also great social and supportive events where you can meet new friends.

"I couldn't believe where I have come from, from where I started, and the confidence it gave me."

What should I expect when I attend?

The once a week classes will be held in a local community venue. It is important that you feel relaxed, so wear comfortable clothes and flat shoes. You will be asked about the daily living movements that you would like to improve, or are having difficulty with, so that the exercises can be tailored more to your needs.

Some of the exercises are seated in the early weeks, but more standing exercises will be introduced over time, and you will use some equipment, like resistance bands or weights to ensure your muscles work. You will also be given some exercises to try at home, so that you will feel the benefits much more quickly.

Most importantly, we want you to enjoy and feel the benefits of attending these important classes.



FaME

Ymarfer Corff Rheoli Cwmpiadau

- Gall FaME helpu i wella eich cryfder, sadrwydd a ffitrwydd corfforol.
- Wedi'i gynllunio i wella eich cydbwysedd a symudedd.
- Gwella eich hyder o ran symud o gwmpas ar eich pen eich hun.
- Sesiynau grŵp bach lle gallwch gwrdd â ffrindiau newydd.

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ELDER FIT

*Symud
Bwyd
Cwyd Eto!*
Symud may, bwyd'n iach

Stay **Steady**
Aros yn
Gadarn

Rhaglen ymarfer corff ysgafn yw FaME y'i datblygwyd i helpu i wella cryfder, sadrwydd a hyder o ran cydbwysedd. Fe'u cyflwynir gan hyfforddwyr ymarfer corff cymwys arbenigol, mae'r dosbarthiadau ymarfer corff grŵp bach wedi'u cynllunio'n arbennig i wella eich ffitrwydd corfforol, cryfder, cydbwysedd a symudedd.

Yn ogystal â'ch helpu chi i deimlo'n fwy cadarn ar eich traed a gwella eich hyder o ran symud o gwmpas ar eich pen eich hun, mae'r dosbarthiadau hefyd yn ddigwyddiadau cymdeithasol a chefnogol gwych lle gallwch gwrrdd â ffrindiau newydd.

*"Allwn ni ddim credu
o ble rydw i wedi dod,
o ble wnes i ddechrau,
a'r hyder a roddodd imi."*

Beth ddylwn ei ddisgwyl pan fyddaf yn mynychu?

Cynhelir y dosbarthiadau unwaith yr wythnos mewn lleoliad cymunedol lleol. Mae'n bwysig eich bod chi'n teimlo'n ymlaciedig, felly gwisgwch ddillad cyfforddus ac esgidiau fflat. Gofynnir ichi am y symudiadau bywyd bob dydd yr hoffech eu gwella, neu yr ydych chi'n cael anhawster â nhw, fel y gellir teitwra'r ymarferion i'ch anghenion yn fwy.

Mae rhai o'r ymarferion ar eich eistedd yn yr wythnosau cynnar, ond cyflwynir mwy o ymarferion ar eich traed dros amser, a byddwch yn defnyddio ychydig o offer, fel bandiau gwrthiant neu bwysau i sicrhau bod eich cyhyrau'n gweithio. Hefyd, rhoddir rhai ymarferion ichi roi cynnig arnynt gartref, er mwyn ichi deimlo'r buddion yn llawer cynt.

Yn bwysicaf oll, rydym eisiau ichi fwynhau a chael lles o fynychu'r dosbarthiadau pwysig hyn.

