



Movement and Exercise Resources

Whether you're a regular to exercise, or completely bewildered by the number of gyms, classes and exercise Apps around, we're here to make menopause movement simple. Our experienced, super friendly instructors are on hand to offer guidance and support to all levels and abilities. So whether you're needing help to find your movement mojo, or looking for something new to dial up your current routine, we have just the team to help. With their help you'll soon discover it's never too late to be bitten by the fitness bug!

As a Supported Care member of www.harleystathome.com, you will have access to the following LIVE movement and exercise sessions:

- **Building on Your Strength:** Join strength coach Clara Mosha to take your strength training to the next level. You'll tone up, and get fitter and stronger. No gym required – just a towel, exercise mat, pair of dumbbells and 50 minutes of your day. This class is best suited to those with some previous strength training experience.
- **Pilates to Lengthen and Strengthen:** Join pilates teacher Carolyn Atkins for 45 minutes to improve your flexibility, balance and body awareness. You'll gently guide your body to lengthen and strengthen, and improve your overall wellbeing. All abilities welcome.
- **Resistance Exercise:** Join resistance coach Caroline Kerslake and her band for 30 minutes of resistance exercise to challenge your body and mind while building fitness and strength. A simple resistance band is all you need to get started or, failing that, a dressing gown belt will do! All abilities welcome.
- **Beginner's Strength:** Join strength coach Lesley Waldron for this 45 minute class to build strength and find joy in movement. You'll soon have a smile on your face as you realise fitness really is fun and strength training is for everyone. All abilities welcome.

Meet Our Movement and Exercise Team

Strength Coach Clara Mosha

Clara is a women's fitness coach, specialising in strength training for perimenopausal and menopausal women. She's driven to support women in their forties, fifties, sixties and beyond, in losing menopausal weight gain, and helping them become their strongest and fittest selves. Age isn't a barrier to strength training. Having been in the fitness industry for over 20 years, Clara knows that embracing strength training can result in a happy, healthy and active lifestyle.



Pilates Instructor Karen Grinter

Karen is a Pilates instructor with over 25 years in the fitness industry, meaning Karen knows more than a thing or two about Pilates. Not only is Karen an experienced pilates teacher but she's also passionate about sharing the knowledge and reasoning for each exercise. After all, knowledge is power. Pilates offers so much for midlife health, helping to promote strength, improve posture, increase bone health and develop mobility and flexibility.





Harley Street at Home

MENOPAUSE

Resistance Coach Caroline Kerslake

Caroline is a women's midlife wellbeing and fitness coach, supporting perimenopausal and menopausal women to move more. Having experienced the struggles of menopause herself, and supporting many women who had similar experiences, Caroline is equipped to make resistance exercise enjoyable. She's driven by the idea that strength, movement and selfcare are crucial to good wellbeing not only for your body right now, but also your future self.



Strength Coach Lesley Waldron

Lesley is a women's health and fitness coach, who has supported hundreds of women to thrive over the last 10 years. She's driven to inspire and empower perimenopausal and menopausal women to feel their best and strongest selves, regardless of age and previous fitness experience. With an understanding that life can be busy and overwhelming at times, Lesley has the tools and motivation to help you not only start your fitness journey, but persevere through the trickier days also.

