



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on Paracise Gentle Exercise to Fabulous Music



Paracise is an entry point to fitness for the millions of people who find traditional exercise programmes too demanding or intimidating. Many GP's and Healthcare Professionals across the UK are already prescribing Paracise to their patients. Many conditions such as: a bad back, arthritis, post chemo, being overweight or unfit, poor sleep patterns or stress, may benefit from gentle but effective functional exercise.

Paracise is a 45-minute class with **no floor work** that takes functional exercises and blends them into a simple choreographed routine to **fabulous music** - this formula is effective, enjoyable, and affordable. The class includes aerobic, muscular strength, endurance, balance, flexibility and mobility components.

Paracise was created by Sarah Goldsack a fitness instructor of 30 years. She was diagnosed with muscular dystrophy in 2014 and created Paracise to keep her as fit and active as possible.

“My posture, balance and flexibility has improved, my aches and pains are reduced, and I am not so stiff. I love it!”
- Paracise participant



Paracise classes are held across the UK with many right across West Sussex. Find a class in your area at www.paracise.com. In addition, the Paracise DVD is available to buy on Amazon and on our website.

The insight Healthwatch West Sussex hear from each person is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved for local people.

This insight is used to influence services development and can feed into:

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS70 10 year forward plan.

To learn more about the work of the Paracise:

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visit www.paracise.com

Or email info@paracise.com

Or call: 07974 374321



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**.

Email helpdesk@healthwatchwestsussex.co.uk,

Website www.healthwatchwestsussex.co.uk.

healthwatch
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Co-ordinator, email: cheryl.berry@healthwatchwestsussex.co.uk