



Accessible exercise for people with chronic health conditions and mobility issues



Mission

We exist to:

- improve the quality of life for our members
- increase members' confidence in movement and exercise and help them find ways to live with less pain, fatigue and mobility issues
- help members develop functional movement skills, reduce accidents and falls and improve mobility such as bending over to pick up dropped items and getting on and off the floor
- foster a thriving community and safe space to learn new techniques and skills, seek and provide support and understanding, socialise and try new things to improve physical and mental health
- provide gentle, accessible and affordable fitness classes led by instructors with lived experience of pain and mobility issues, with opportunities for our members to volunteer and take on roles within the organisation



Vision

Mobilates is a trusted and recognised brand, the 'go to' place for those with long-term health conditions, mobility issues, persistent pain or fatigue to access safe, accessible and adapted movement, exercise and wellbeing programmes. Members are encouraged to listen to their body, rest when needed and are supported to make adaptations, choosing how hard they want to, or feel they can, work that day.

Members are empowered by our unique, fun and vibrant community. Our inspirational instructors have lived experience of managing health conditions and focus on functional movement and fall prevention, enhancing balance, proprioception and coordination all within a wider holistic wellness context.

Members take advantage of the invaluable peer support, empathy and understanding from our community and even have access to a range of opportunities to volunteer in a variety of roles to support and lead the development of the organisation.



Values

Accessible – whether in person or online, live or recorded videos, our classes are available to all – from bed, wheelchair, seated, standing, floor, or a mixture.

Personalised – initial one to one session and health form so instructors understand member's health and needs, adaptations offered for each move and for all circumstances.

Inclusive – join in whether you feel on top form and want to use weights or add to the class, need to take things gently, or even if you are in a flare and simply want to join for the companionship and to imagine movement.

Safe – emotional and physical safety. We want you to feel understood supported and confident to ask for adaptations. You can follow at your own pace with your own version. You are always encouraged to listen to your body and mind.

Authentic – all instructors have lived experience of long term health conditions. We get it.