



Good Boost is a multi-award-winning social enterprise working with community, leisure and health teams to deliver **therapeutic exercise** and **self-management support** in the heart of the community.



Land Exercise



Aqua Fitness



Aqua Rehab

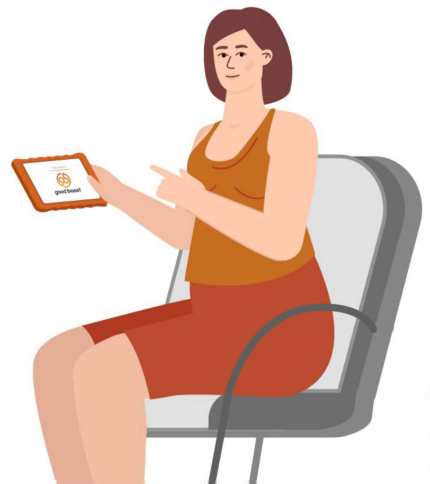


Aqua Natal



Virtual Group Classes

- Good Boost provides both **Land** and **Aquatic exercises** programmes.
- Low-level, rehab-focused exercises, designed to **improve function and symptoms** at a particular body area (lower-back, shoulder, hip, knee).
Participants can also choose to work on a rehab aim such as improving **balance, strength** or **cardio vascular fitness**.
- **Aqua-natal** programmes are also available through the **Bump Boost** programmes.
- While each participant has their own tailored exercise programme, Good Boost is delivered in a **group class** with the support and motivation of a facilitator. Participants feel **connected and supported**, addressing feelings of social isolation and having fun along the way.



Who is Good Boost for?



- Classes are designed specifically for people living with **musculoskeletal conditions and concurrent health problems** and anyone wanting a **gentle road back to fitness**.
- Exercises are delivered through tablet computers using Good Boost's unique AI technology to generate **bespoke exercise programmes**.
- Each participants' **health, symptoms and functional ability** are considered to create paced, **achievable exercise programmes**, building confidence with exercise and physical activity.
- Our Aqua programme consider **water confidence** so are appropriate for non-swimmers and can be a great way to build confidence in the water.
- Land based programmes can be seated or in supported standing for those with **balance or weight bearing difficulties**.

66% Of patients using Good Boost while waiting for healthcare showed an improvement in their symptoms*

*pilot study with Kings College Hospital

Where to find Good Boost?



goodboost.ai/about-us

In your area:

Good Boost is available at:

- Wellington Civic and Leisure Centre
- Abraham Darby Sports and Leisure Centre
- Teme Leisure Ludlow
- Oswestry Leisure Centre
- The Quarry Swimming and Fitness Centre

Please contact your centre of choice for times and bookings.



**Integrated
Care System**
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**Shropshire, Telford
and Wrekin**