

EMPOWERED & ACTIVE

Informational Booklet



FROM OUR DIRECTOR



"My name is Cian and I am the founder and director at Empowered & Active, I am delighted that you have chosen to learn a little bit more about us! This booklet summarises what we do as a company and our mission!

With visiting care homes as a grandson and watching one of my grandmothers battle with multiple sclerosis I have seen first hand the struggles of inactivity, loss of independence and reduced quality of life.

With my 5+ years experience coaching sport and the last four years of my education focusing on sport and exercise science I have understood the positive impact of physical activity in care settings. Not just the physical and physiology benefits but also the mental and social aspects about restoring dignity and quality of life.

Whilst studying my BSc in Sport And Exercise Science I set out on this journey to make a real difference where participants can thrive and my organisation can act as a shining light with one clear mission. "

Cian Aldridge

Founder/Director

 cian@empoweredandactive.com



OUR MISSION

At Empowered & Active, we are committed to making exercise accessible to all and sticking to our slogan of **Exercise Within Reach**. As the UK's fastest growing physical activity provider in residential care we are fulfilling our promise of enhancing quality of life and reinstating personal independence in care. Leaving everyone **Empowered And Active**.

WHY PHYSICAL ACTIVITY MATTERS

We believe that physical activity is more than just simple exercise. We believe its restoring the independence and quality of life of an individual. Allowing older adults to stay healthier, happier and connected.

Physical Well-Being

- Improves mobility, balance, and strength
- Reduces/manages risk of chronic diseases
- Reduces risk of falls and injuries

Mental Well-Being

- Boosts overall mood
- Reduces risk of mental illnesses
- Increases self-confidence and self-esteem
- Improves and maintains cognitive function

Social Relationships

- Encourages social interaction
- Develops new relationships
- Creates a community filled with fun, trust, and laughter
- Reduces the risk of loneliness and creates a sense of belonging by creating a positive environment

OUR SERVICES AT A GLANCE

IN-PERSON SESSIONS

Our in-person group and 1-1 sessions are perfect for residential care homes or domiciliary care agencies in and around the Essex area. Tailored to you and your residents, we fit around your schedule and deliver fun and engaging sessions that will promote movement, sociability and overall well-being.

What to expect from our sessions:

- ✓ Gentle movement / activity
- ✓ Engaging and fun activities
- ✓ A tailored, holistic approach
- ✓ Qualified Instructors

THE E&A PORTAL

Our online portal, the E&A portal, is perfect for everyone nationwide. Whether you are a residential care home, domiciliary care agency, carer or individual. Our specific memberships are suited to your needs as an organisation or person. We have built up our portal as a community hub with the resources available to improve physical activity for elderly in care.

What to expect from the portal:

- ✓ Weekly Updates
- ✓ Blogs / Latest News
- ✓ Recorded Videos / Live Online Sessions
- ✓ Resources Such As Session Plans/Criteria

WHY CHOOSE US?



These are just some of the reasons people choose us. We utilise up to date evidence-based methods to ensure safety and maximal benefits. Our years of experience ensures we make the most out of every session and prioritise inclusivity as after all exercise should be within reach of everyone. We take the stand that what we provide is more than just exercise, it is a solution to a multitude of problems that are present in this sector. Most importantly, we care. We care about making our experience the best it can be and we understand everyone works differently and that's why we make our sessions and programmes tailored to you and your organisation specifically to drive forward change together.

TOGETHER WE CAN MAKE A DIFFERENCE

EMPOWERED & ACTIVE

CONTACT DETAILS



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If you are looking for partnership email:

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Visit Our Website To Book Your Free
Consultation Call Now!

www.empoweredandactive.com