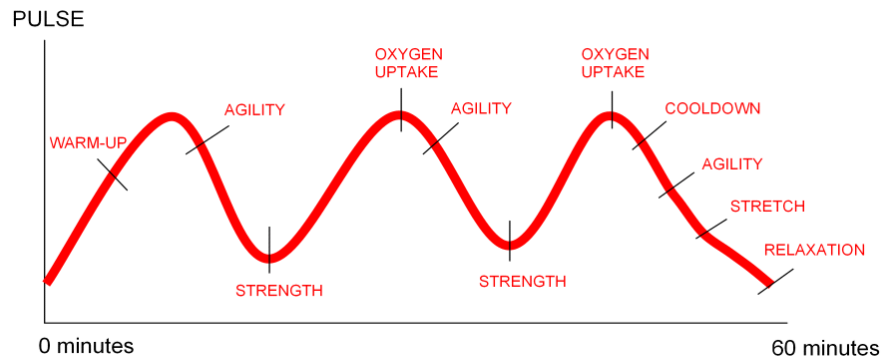


## This is what happens to your body after 3 months of Friskis&Svettis, if you exercise 2 - 3 times a week.

- The stroke volume of your heart and the body's ability to take up oxygen have increased
- Your pulse has decreased for the same amount of work, and your resting pulse is lower
- The number of capillaries in your muscles has increased
- Your cholesterol level has gone down
- You have greater muscular strength
- Your bones are stronger - exercise prevents loss of calcium
- Your joints, ligaments and tendons have become stronger
- You produce less lactic acid in your muscles for the same amount of work
- You will tolerate heat better
- Hopefully, you also feel stronger and happier

## Friskis&Svettis Intensity Curve

*This is how your heart rate changes during the exercise programme*



Balance and co-ordination are trained throughout the programme

For all details of class times and venues visit our website at

[fsaberdeen.co.uk](http://fsaberdeen.co.uk)

or telephone

Gunilla Smith 01224-319377  
Jackie Richardson 01224-648171  
or Jackie Leiper 01224-712705



Aberdeen

This is Friskis&Svettis  
Exercise the Swedish Way

Fun and effective exercise for  
all ages and abilities



## What is Friskis&Svettis?



Friskis&Svettis is a non-profit exercise association which started in Sweden in 1978. There are now over 150 Friskis&Svettis associations, with well over 420,000 members in Scandinavia and Europe. That's why it is one of the best known names in Sweden, along with Volvo and IKEA!

The mission of Friskis&Svettis is to offer pleasurable and easily accessible high quality exercise classes for everybody, regardless of age and ability. Friskis&Svettis activities are funded almost entirely by the membership fees, with any surplus being invested in improving the local associations.

We call our classes "jympa", and this is the main activity of Friskis&Svettis. The concept is based on music, the pleasure of movement and positive leadership. It is fun and effective, and has been developed in co-operation with experts in the fields of medicine and physiology on the basis of scientific research.

A session of "jympa" includes all elements of physical fitness: agility, strength, aerobic fitness, balance, co-ordination and relaxation. The classes come in a range of intensities, so that everyone can find their perfect workout. All the exercises are natural and easy to follow straight away. The variety of motivating music makes each class a joy!

All Friskis&Svettis instructors are trained and certified by Friskis&Svettis Riks, the international headquarters in Stockholm, Sweden, and each leader's physical and leadership performance is evaluated annually by specially educated programme supervisors.

## Friskis&Svettis Aberdeen

now has nearly 900 members attending classes in over 30 venues in and around Aberdeen, as well as Ellon, Stonehaven, Inverurie and Keith. Our team of qualified Leaders provide a choice of 8 different class types in intensities to cater for everyone, from the unfit beginner, to those with disabilities and the very fit person. We also arrange Nordic Walking sessions, "Viking Hiking", in 6 weekly groups. All are welcome - "from 9 - 90!"

## Our Vision

We exist to inspire more and more people in Scotland towards a more active lifestyle. Because we are prepared to give our own time to run the classes and the Association, we can keep our charges low. We offer a cost effective, straightforward and fun way to become fit - and stay fit! There is no pressure to perform and no competition - you only compete against yourself.

We are constantly looking for more new leaders to join our team and many more enthusiastic members to be part of turning our vision into reality.

## So....

If you think "*I haven't got time*"



or "*I'm too old*"...



..or "*It's not really my thing*"



**Friskis&Svettis is the answer**

**At Friskis&Svettis you are allowed to be yourself!**