

SuperCue Seniors online exercise being offered FREE of charge

SuperCue Seniors is a new fully choreographed exercise programme designed specifically for those 60+ and available online. The programmes are for all mobility and fitness levels – from seated, to standing to confidently active, with a focus on good posture and good movement technique.

The SuperCue website is undergoing a total overhaul over the next few weeks to make it more functional and improve the customer experience. But the existing website already features a number of workouts which users can access and enjoy right now.

They have been developed by Rebekah Charlton and Marya Hopman, personal trainers and corrective exercise specialists with years of experience working with seniors and special populations, and are physiotherapist approved. They are currently being delivered to various community groups in Hawkes Bay and Dannevirke as part of the ACC Live Stronger For Longer initiative.

For free online subscriptions go to www.supercue.nz or for further information email info@supercue.nz or phone Marya on 021 452172.