



Walk Tall Head High

**We believe that everyone should have the opportunity to feel good.**

We want to help you make some new choices. **At Simply Stride we apply effective yoga and pilates techniques and ideas to something we do every day. Walking.** It's a unique, very flexible, often life-changing course that has all kinds of physical and emotional benefits.

And we are very pleased to outline our new program, Walk Tall, **Head High.**

It is designed especially for less active children, who prefer a non-elite sports program for health and fitness. We coach **confidence by strengthening the children both emotionally and physically**, through body placement and movement.



## Benefits for the Children

Our easy body tailoring exercises start to **make the children stronger.**

We'll help them **grow in confidence**, so that they can feel great about themselves and what they can achieve. Over time, they'll feel less restricted and more 'free', striding with their head held high. It's a chance to **escape from daily stresses**

as the children stride outdoors in the fresh air. It's about creating a **positive connection with themselves, their body and the world around them.**

Trust us when we say it feels great.

They will **feel in control** as they move at their own ability.

## Outline of Course Program

- Session 1.** Outlining what benefits the children can get from the Walk Tall program, a Baseline Self-Assessment for each child, learning about how the way we move effects our emotions and performance
- Session 2.** Energising, Breathing & Posture - the foundation of positive body placement to generate ease of movement
- Session 3.** Stride Technique - developing good biomechanics to use at all times
- Session 4.** Stride and Strengthening exercises to develop speed and power
- Session 5.** Stride and Flexibility to further good movement and body confidence
- Session 6.** Stride and final assessment - analysing body development, performance and achievements

Assessments may include photo and videos for the child's own reference point. However we understand you may wish to review this process further.

## Our Results:

On average, selected children (typically Year 5 & 6) begin the course with their self perception of overall health and fitness rated at around **25-35%**.

At the course end, their body confidence reaches **70 -80%**.

## The Children's comments:

"I can prove people wrong - they say I can't do it - I am! I feel taller and I can walk faster"

"SS is a good club and more people should try it. It has made me notice that there are different ways to use your body"

"Stronger faster happier"

## Who and what is Simply Stride?

Karen was great at being a Lawyer in the City of London. But she also became an expert at managing a powerful and unwelcome part of her life. *Pain*. And lots of it. Largely resulting from back and neck injuries she suffered as a teenager. After having children, Karen began to think more about well-being and happiness, and started investigating a solution to her ongoing pain. Over many years, she developed and perfected techniques that enabled her to help herself. She soon realised just how much she could

help others too, like her father who had been suffering from Post-traumatic Stress Disorder, arthritis, osteoporosis and serious asthma.

*"Physiotherapists frequently realigned and mobilised me, plus I focused on core strength at the gym. I soon realised that it was actually my posture and how I used my body every day (the way I slept, sat, stood and walked) that greatly affected how I felt. This has changed my life, I firmly believe it can change yours."*



## Cost:

Courses are typically coached within a half term, a maximum of 6 sessions, and fees are £35 per hour.

Funding is available from: <https://www.gov.uk/government/policies/getting-more-people-playing-sport/supporting-pages/school-pe-and-sport-funding>

**To book this course or to find out more information please call Jackie Sirdifield on 07725 710892 or email: [jackiesirdifield@simplystride.co.uk](mailto:jackiesirdifield@simplystride.co.uk).**