

GOLDSTER★

CONFIDENCE THROUGH MOVEMENT PROGRAMME





BUILD YOUR CONFIDENCE THROUGH MOVEMENT EVERYDAY

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CONFIDENCE THROUGH MOVEMENT

ITS THE LITTLE THINGS THAT MATTER

After the age of 50, our bodies stop performing as well as they did in our 30s and 40s.

This is because, as we age, our bodies experience a natural decrease in muscle mass, power, stability, and speed.

Most falls do not result in serious injury. But there's always a risk that a fall could lead to broken bones, and it can cause the person to lose confidence, become withdrawn, and feel as if they have lost their independence.



BUILDING CONFIDENCE AND PREVENT A FALL

We'll build confidence by understanding the way we move, breaking it down into smaller parts, performing it regularly and building healthy habits.

Not getting enough physical activity can lead to a preventable fall - even for people who have no other risk factors.

It can also increase the likelihood of another fall, which could result in hip fractures, head injuries, significant change in functional status or loss of life

"Nothing happens until something moves" -Einstein

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions that are designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug approaches for healthy living and ageing to deliver benefits to people.

Our method links common problems faced with ageing, and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.



"The path is made by walking on it"

THE PROGRAMME

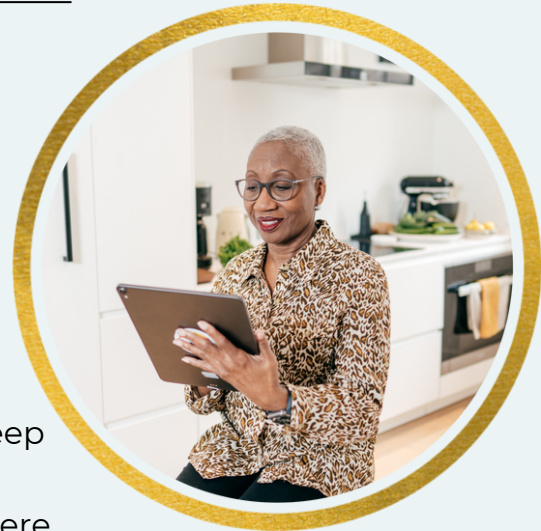
The Goldster Confidence through Movement for Falls programme is a curation of physical workout classes for muscle-strengthening and improved mobility and balance. The ability to maintain these key elements enables us to reduce having a preventable fall which can impact our quality of life. Together, we'll focus on improving the way you feel when moving throughout your day-to-day life and activities. The 21-day programme will have you brimming with confidence, and feeling stronger, whilst having fun and making a bunch of friends along the way.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the biggest aspects of a healthy life.

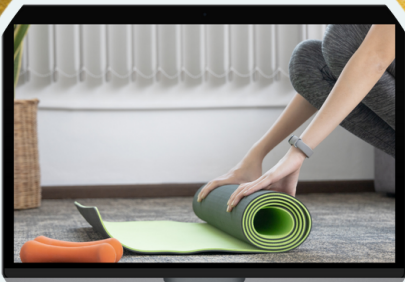
We want to give you as many options to communicate and be as social as possible through this journey.

- You will be greeted by the presenter in every class as a group. We want to celebrate your commitment and keep you motivated
- You will have your own dedicated Facebook group, where our team, other participants and previous programmes will celebrate every win and step forward
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- 2 daily live & interactive classes to choose from on Zoom direct to your email inbox
- These classes are aimed to benefit improvement in your daily movement
- Classes are based on the areas of strength, functional movement, flexibility, nutrition and multi-directional movement
- Twice weekly coaching to support your journey and enable your advancement linked to the evidence-based classes. Don't worry if you miss the coaching, you can catch up on the recording.



"When we do it together, we feel better together"

THE PROGRAMME

TRACK YOUR PROGRESS

The key to any improvement in health is understanding how your progress is made. This programme has a range of questionnaires and surveys to help to track your improvements.

During the programme we will monitor:

- Your perceived physical, emotional and cognitive health with an assessment at the start and at the end
- Your physical confidence and where you see the greatest areas of difficulty so your instructors can target them
- Your feedback with a daily post-class confidence survey to understand how you're feeling



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems, protect our health, and manage health problems better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

Dr Zara Quail's "Science of Strength" Masterclass will be on Friday the 28th October at 10:00am

"Learning is a journey of self discovery"

YOUR DAILY JOURNEY

1

THE NIGHT BEFORE

CHECK YOUR INBOX FOR THE CLASSES

Every evening, we will email you the classes for the next day, with the links to join. Don't forget to check your spam and your junk folder.

2

DAY OF EACH CLASS

CHECK IN WITH YOUR COMMUNITY

Your team are always looking to keep you motivated and hitting your goals. Don't forget to look for messages and talk to the rest of the community. You're all on this journey together!

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

AFTER THE CLASS

SHARE YOUR EXPERIENCE

In your Facebook group, share how much you enjoyed it, inspire others to share and build up a community spirit. Our team will cheer you on everyday, with regular Facebook lives and daily posts to keep you motivated

6

LOOK FORWARD TO YOUR NEXT CLASSES

GIVE US YOUR FEEDBACK

Every afternoon, tell us how you found your class so we can make sure you are getting the most out of it

YOUR TEAM



James Hilton

Personal Trainer and Programme Coach

Expertise: functional movement and injury recovery

James is a hugely popular Personal Trainer based in Gloucestershire. He prides himself on helping people understand their individual goals relatable to everyday tasks and activities. He then works meticulously to help them overcome the hurdles that stand in their way.



Andy Yau

Expertise: Tai Chi

Andy Yau studied for his Master's in Arts at Birmingham City University. His passion and expertise in Tai Chi began in his birthplace, Hong Kong, 12 years ago. Andy is proud to teach Tai Chi at The Royal Birmingham Conservatoire



Lina Telis

Expertise: Zumba, personal training and coaching

As well as being a graduate in Psychology, Lina also holds many certificates in fitness, nutrition and life coaching. She is an international Zumba® presenter and Jammer, licensed in creating new choreographies for other Zumba® instructors around the world



Duncan Vincent

Expertise: Mobility, stability, strength & cardiovascular fitness

Duncan has an HND in sports science and a 1st class BSc in Sports Science and Professional Football. Duncan has been a qualified personal trainer for 15+ years, working in many fitness environments.

He has worked in Premiership Football clubs, managed 5-star boutique personal training and fitness studios, and trained in private homes, and local parks.



Tim Harris

Expertise: Core Strength, functional movement and stamina

Tim Harris is a Level 3+ Personal Trainer and accredited in the treatment of injuries. Tim has been coaching and training clients of all ages professionally for many years and prides himself on offering sessions that cater to all abilities.



Dr Zara Quail

Expertise: Academic research and medicine

Dr Zara Quail, Goldster's Senior Clinical Research Lead and Chief Geek for the "Science of Strength" Masterclass. Zara will dive into the science, research and the latest evidence of strength and how it impacts your life



Mark Carter

Expertise: Co-Founder and Managing Director

Mark looks forward to meeting all participants in each programme and welcoming them to the Goldster Family. Mark is a healthcare executive with a 19-year track record of innovative healthcare delivery in Australia, Singapore, and China for large-scale populations, alongside digital integration.

"Together, everyone achieves more"

WEEK 1 CLASS TIMETABLE

Monday 24th October

- 11:00am **Welcome meeting with your Goldster team**
Meet the team that will be by your side - James, Duncan, Tim, Andy, Lina, Zara and Mark.

Tuesday 25th October

- 10:00am **Personal Training Session 1 with James Hilton**
Introduction to basic movements, the biomechanics of movement and a short workout.

Wednesday 26th October

- 8:00am **Entry Level Strength and Balance with Duncan Vincent**
Work on your movement, gait, balance and stability.
- 10:00am **Tai Chi and Qigong with Doris Schierer**
Create control in your movement, gently strengthening while building confidence.

Thursday 27th October

- 10:00am **Personal Training Session 2 with James Hilton - UPS and DOWNS**
This session is about the basic movements of sit to stand, strength and stamina.

Friday 28th October

- 8:00am **Entry-Level Workout with Duncan Vincent**
An easy way to improve function and movement across the whole body. Seated options are available.

10:00am
"Science of
Strength"
Masterclass with
Dr Zara Quail

Saturday 29th October

- 8:00am **Entry-Level Workout with James Hilton**
An entry-level whole-body workout is designed to improve mobility, stability and strength for movement.
- 10:00am **Tai Chi & Qigong with Doris Schierer**
Maximise your balance and movement, bringing together your strength and flexibility.

Sunday 30th October

- 8:00am **Entry-Level Workout with Tim Harris**
Entry-level whole-body workout designed to improve mobility, stability, and strength for movement.
- 10:00am **Tai Chi with Andy Yau**
Low impact exercise aimed at focused movement towards connecting the body to the mind.

Monday 31st October

8:00am **HIIT Entry Level with James Hilton**

A great way to raise the heart rate while getting more confident in some complex movements.

10:00am **Tai Chi with Andy Yau**

Low impact exercise aimed at focused movement towards connecting the body to the mind.

Tuesday 1st November

10:00am **Personal Training Session 3 With James Hilton - Reach for the Biscuit Tin**

Upper body movements and strength are pivotal to daily function, it might seem simple, but it isn't.

Wednesday 2nd November

8:30am **Legs Bums and Tums with Duncan Vincent**

Let's shape up those thighs, tummy and bum, strengthening our base and pillars of movement.

10:00am **Nutrition Club with Claudia Le Feurve**

Learn about the foods that help in muscle and bone health and healthy recipes to match.

Thursday 3rd November

10:00am **Personal Training Session 4 With James Hilton - Life is about Balance**

Balance is key to all movement, but it's not about being able to stand on one foot!

Friday 4th November

8:30am **Moderate Level Workout with Duncan Vincent**

This workout will focus on endurance, strength, power and functional capabilities.

11:00am **Nutrition Focus with Claudia Le Feurve**

Understand the nutrition behind bone and muscle health - you will be surprised by what you learn.

Saturday 5th November

8:30am **Moderate Level Workout with James Hilton**

Strength, stability, and mobility workout to improve overall movement levels and function.

10:00am **Dance Fitness with Doris Schierer**

Improve your balance, coordination, core strength and flexibility through dance.

Sunday 6th November

8:30am **Moderate Level Workout with Tim Harris**

This workout will focus on endurance, strength, power and functional capabilities.

12:00pm **Nutritional Chef with Jana Fritzsche**

Cook the recipes designed by our nutritionist for bone and muscle health.

Monday 7th November

8:30am **HIIT Moderate Level with James Hilton**

This will raise your heart rate while getting more confident in some complex movements.

11:00am **Zumba with Lina Telis**

Zumba is about multiple movements, keeping the body moving and feeling confident.

Tuesday 8th November

10:00am **Personal Training Session 5 With James Hilton - Moving things about**

This session is all about really bringing the movements together in a fun and exciting way.

Wednesday 9th November

8:30am **Legs Bums and Tums with Duncan Vincent**

Let's shape up those thighs, tummy and bum, strengthening our movement and overall confidence.

11:00am **Zumba with Lina Telis**

Zumba is about multiple movements, keeping the body moving and feeling confident.

Thursday 10th November

10:00am **Personal Training Session 6 with James Hilton - Getting from A to B**

Balance is about controlling movements to achieve your goals, not just about standing on one foot!

Friday 11th November

8:30am **Moderate Level Workout with Duncan Vincent**

This workout focuses on endurance, strength, power and functional capabilities.

11:00am **Zumba with Natalie Twist**

Zumba is about multiple movements, keeping the body moving and feeling confident.

Saturday 12th November

8:30am **Moderate Level Workout with James Hilton**

Strength, stability, and mobility workout to improve overall movement levels and function.

10:00am **Tai Chi & Qigong with Doris Schierer**

Maximise your balance & movement, and work on your strength and flexibility.

Sunday 13th November

8:30am **Moderate Level Workout with Tim Harris**

This workout focuses on endurance, strength, power and functional capabilities.

10:00am **Tai Chi with Andy Yau**

Low impact exercise aimed at focusing movement towards connecting the body to the mind.

