

Vitalyz are approved activity training suppliers for 304 Bupa Care Homes.

Vitalyz provide training within the health and social care sector and specialise in teaching therapeutic seated activities for less able and/or older persons.

Tony Duke (Exercise consultant, Senior trainer & Vitalyz MD) recently met over 600 Bupa Care Home Managers and their Activity Co-ordinators at the 2008 'Activities Best' Conferences held in Bradford, Glasgow, Elstree and Stratford-on-Avon.

"It's encouraging to meet people who are serious about activity provision for those in their care. Exercise is important for health and well-being but I usually surprise people when I demonstrate how much can actually be achieved whilst sitting down. Vitalyz bring physical activity into the everyday lives of people in residential care, by training the care teams to deliver it themselves and this brings huge benefits to the whole home."

Tony demonstrated a range of seated exercises to be performed with a stress ball and now each of Bupa's 304 care homes have a copy of the Vitalyz stress ball workout DVD to enhance their activity programmes.

Tim Brooke, Head of Hotel Services & Activities for Bupa, who led the activity focussed conference, has now approved Vitalyz as activity training suppliers for the Bupa care homes. Tim said "the training which Vitalyz having facilitated has been excellent. All 600 delegates rated the session excellent or very good and armed with the accompanying DVD, stress balls and their new found skill I am sure our residents and employees will find it hugely beneficial".



Bupa 'Activities Best' Conference, 2008



Tim Brooke, Head of Hotel Services & Activities for Bupa
& Tony Duke, Exercise consultant, Senior trainer & Vitalyz MD.