



# SL-Reset

*Your health never retires*

## When we move together, \_\_\_\_\_

Group exercise increases leisure-time physical activity among adults [1], preventing people from developing **chronic diseases** and embracing higher qualities of general wellbeing [2].

Moreover, regular group exercise creates a positive outcome on **social wellbeing** and feelings of **safety** in the community [3], keeping people away from **loneliness**.

Furthermore, senior females who participate in tailored group and home exercises exhibit **a 31% reduction in falls** during the sessions and **a 54% reduction** during the subsequent period, according to research [4].

## Your health never retires!

SL-Reset features carefully tailored online wellness courses led by a seasoned team of Allied Health Professionals. Our mission is to nurture everyone in your community to reset their bodies, minds, and lives.

Different from gyms, our **community-centred solutions** advocate **inclusive and preventative health measures** for all ages and members.

Whether you are a fresh challenger or a mature downshifter, you can always find sessions that suit your lifestyle and join with like-minded people to RESET!



[1] Firestone, M. J., Yi, S. S., Bartley, K. F., & Eisenhower, D. L. (2015). Perceptions and the role of group exercise among New York City adults, 2010–2011: An examination of interpersonal factors and leisure-time physical activity. *Preventive Medicine*, 72, 50–55. <https://doi.org/10.1016/j.ypmed.2015.01.001>

[2] Warburton, D. E. R., Nicol, C. W., & Bredin, S. S. D. (2006). Health benefits of physical activity: the evidence. *Canadian Medical Association Journal*, 174(6), 801–809. <https://doi.org/10.1503/cmaj.051351>

[3] Komatsu, H., Yagasaki, K., Saito, Y., & Oguma, Y. (2017). Regular group exercise contributes to balanced health in older adults in Japan: a qualitative study. *BMC Geriatrics*, 17(1), 190–190. <https://doi.org/10.1186/s12877-017-0584-3>

[4] Skelton, D., Dinan, S., Campbell, M., & Rutherford, O. (2005). Tailored group exercise (Falls Management Exercise – FaME) reduces falls in community-dwelling older frequent fallers (an RCT). *Age and Ageing*, 34(6), 636–639. <https://doi.org/10.1093/ageing/afi174>

# What does SL-Reset offer?



## In your space or on demand

No need to go far!  
Delivered virtually anywhere, anytime.



## Refresh body & spirit

Our holistic solution comprises physical and mental supports.



## Credible guidance

An evidence-based approach, delivered by Allied Health Professionals.



## Designed for you & yours

Whether you're just starting out or pushing to the next level.



## Build communities to fight loneliness

Build friendships, meet new people & move together to improve your health.



## Miss it? Playback!

Never miss a session or even just a move.



## Cardiovascular Exercise

Increase your heart rate & vital capacity. Improve your fitness & blood circulation.



## Strength Exercise

Increase muscle strength & challenge me to get stronger.



## Core Exercise

Alleviate chronic lower back pain & enhance your body stability.



## Balance Improvement

Enhance your body stability, increase walk safety & improve your confidence.



## Mind & Body Practices

Reset & enhance your mind-body connection, to improve daily movement.



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