



*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!*

Wini 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 an exercise beginner or a sport lover, you can always find sessions that suit your lifestyle and join with like-minded people!



[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.jpmed.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 Wini 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 body stability, increase walk safety & improve confidence.



Mind & Body Practices

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



“Wini was my granny.”

“She believed in equity and inclusion, the very tenet we aspire to live up to at Wini Health.”

- Leigh Sherry, Co-founder of Wini Health



hello@winihealth.com
www.winihealth.com

