



Hello there! We're Laughtercise. We're famous for worldwide wiggles and global giggles. We've done sessions for adults and children in 77 countries and our sessions go down a treat because we make wellbeing fun.

The session you will be doing is our signature session. It has just about everything. Movement, stretching, fun, chuckles and zen. What's not to like about that? It'll make you feel revived, rejuvenated and reconnected to your team. It's everything your body and mind needs to feel full of beans (just without the gassiness).

*"But wait" we hear you say.
"The session includes laughter,
why's that?"
well, we're glad you asked.*

We sprinkle laughter and fun into most of our sessions. We do this because having fun and a giggle super-charges our mental health.

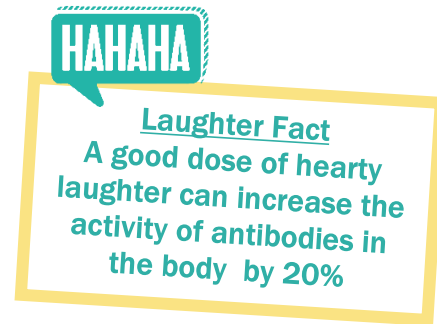
*"But how are we supposed to laugh,
I feel a bit apprehensive about it"*

Perfect, it's great that you feel apprehensive. The first time you do a session like this, you will be outside of your comfort zone. But life begins at the edge of our comfort zone; it's where we thrive. We'll laugh by doing some laughter sounds at regular intervals. Laughter is contagious so it's pretty easy to start giggling when you see everyone else laughing.








LAUGHTERcise[®]
— The Joy of Laughter —

As you laugh, you will shake off some inhibition and let in the wonderful medicine of fun and laughter. And laughter is the best medicine. So, stop asking questions and take your medicine :)



Here are some top tips for your online session:

-  The session has been designed so that anyone with limited movement can still participate. If you have limited movement, any disability, any health condition or if you are in your 3rd trimester of pregnancy, let the person who is organising your session know, and we'll ensure we incorporate your needs within the session.
-  Ensure you have a reasonable amount of space around you, enough space to be able to swing a cat (however, we will not be swinging any cats in the session; that would be wrong).
-  Where possible, be in a space where you won't be disturbed so you can get your giggle on. However, it is ok if the odd dog pops up on some screens. We'll just laugh about it.
-  Have a drink ready and wear comfy clothes.
-  And last but not least... no Lycra :)

Check out what a session looks and sounds like at www.laughtercise.co.uk.

We look forward to seeing you and getting lots of ribs tickled!

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