



NeuroMuscular  
Centre

## About Us

NeuroMuscular Centre is a charity based in Winsford, Cheshire, providing essential services and specialist advice for people and families affected by a neuromuscular condition across the UK and beyond.



health of our community. Many of our staff have a neuromuscular condition, and we're proud to enable people to lead fulfilling and productive lives.

We rely totally on the kindness of people like yourselves to continue our work, the cost of which is over £1.2 million a year.

We provide services that the NHS does not, including regular physiotherapy, training and development courses, young person support, specialist advice, and our ConnectUp social programmes, all of which support the physical and mental



We are also home to NMC Design+Print, a bustling social enterprise offering creative graphic design and a range of professional printing services, all with an added serving of social value.



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[www.nmcentre.com](http://www.nmcentre.com)

Mind & Matter

# MUSCLE MONTH

## June

1st - 30th





# The Challenge

There are so many benefits to physical and mental exercise, and we've been inspired to make it our Muscle Month theme for 2023!

Can you give some time to help the NeuroMuscular Centre?

This year we're asking you to pick a physical and a mental exercise – see our example ideas! – to complete across June.

We suggest doing an hour of each every week, but you can do more hours or exercises if you like!



Whether you'd like to use our ideas or come up with your own, join #TeamNMC and help us to raise important funds, all whilst feeling the benefits of physical and mental exercise.

**Muscle Month will be running throughout June, so there's plenty of time to complete your challenge!**

The money raised will help the NMC to continue to support people and families affected by neuromuscular conditions, including in our physiotherapy department, home to Europe's only fully accessible neuromuscular gym.

You can set up your own JustGiving page and start fundraising by scanning the QR code.



For Kay's Meditation tips check out - [www.nmcentre.com/mindfulness](http://www.nmcentre.com/mindfulness)

Example Physical Exercises

Stretching

Tai Chi/Yoga/Pilates

Walking

Jogging and Running

Cycling

Swimming & Hydrotherapy

Writing and Poetry

Mindful Cooking

Colouring & Crafting

Gardening

jigsaws, crosswords, or Sudoku

Journaling

Example Mental Exercises

# Exercise Schedule

Use the Exercise Schedule to log your weekly progress.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Rowing Machine  
1 hour

Writing & Poetry  
1 hour

hours: