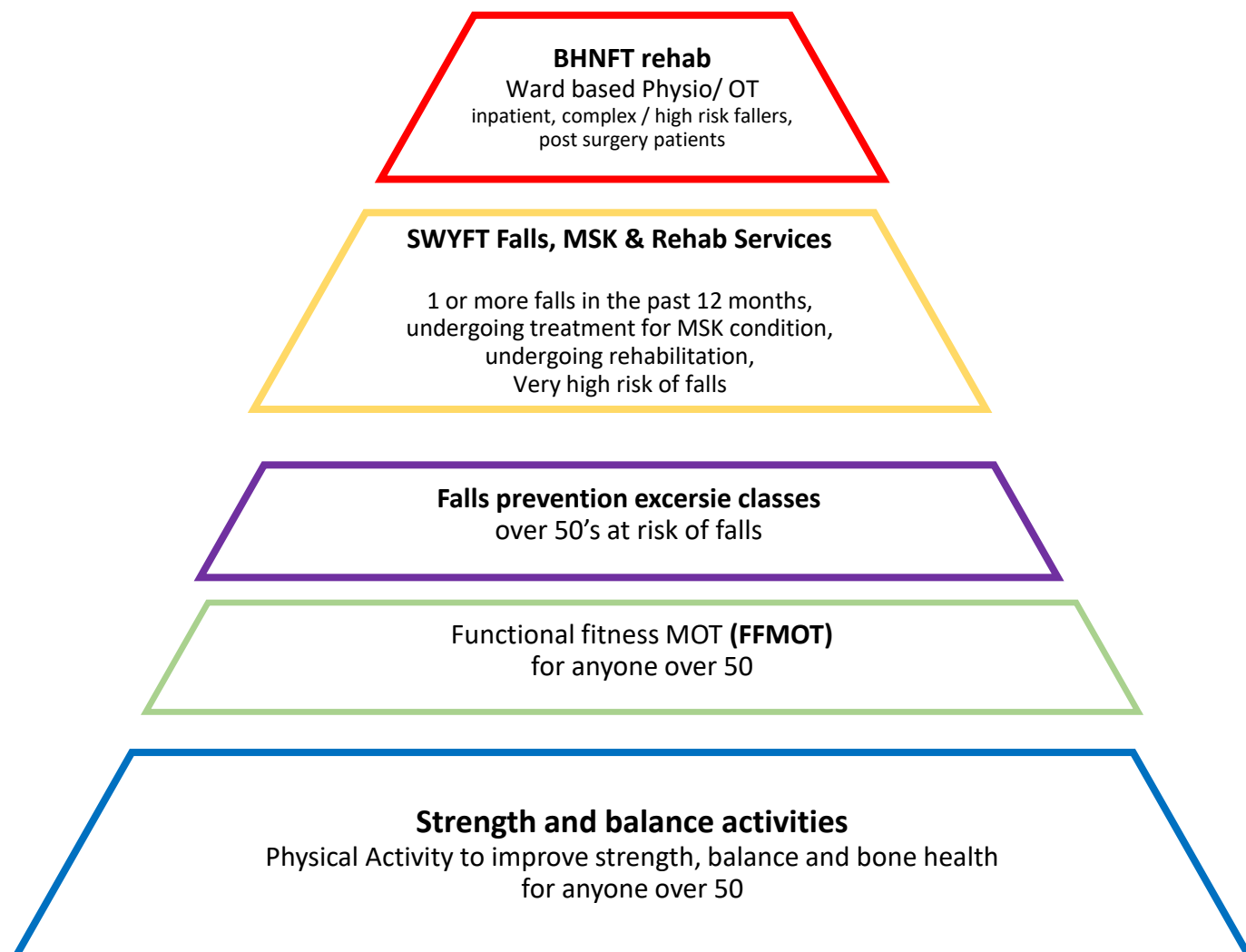


## Physical activity pyramid



[Barnsley Older People's Physical Activity Alliance](#) provide the following:

Falls Preventions exercise classes

FFMOT

Strength and balance activities