



One Life Suffolk



Getting back on track for 150 mins

Getting your 150 minutes of weekly activity shouldn't be a pain, spend it doing something you love just like our 150 minute movers.

After having a heart attack and three heart operations in August 2015 Ralph's life was turned upside down. But after a dedicated effort to regain his health and fitness through an NHS cardiac rehabilitation course, followed by a sustained rehabilitation programme under the supervision of Bob Halls, he has gone from strength to strength, attending two exercise classes each week, as well as helping at a 'Living Well' class delivered by Bob. His body is now at a fitness level that he hasn't seen for years, and it won't be going anywhere any time soon with his busy schedule!



Ralph, 73, Stowmarket
Favourite activity: Going to classes at Mid Suffolk Leisure Centre

What's so great about 150 mins?

- 1 Reduces risk of falls
- 2 Maintains cognitive function
- 3 Improves self esteem
- 4 Improves sleep and energy
- 5 Maintains healthy weight
- 6 Reduces risk of type II diabetes



Health WALKS

STOP Smoking

BECOME MORE active

health checks

'LOSE' WEIGHT

Call us on 01473 718193 to find out more or email info@onelifesuffolk.co.uk www.onelifesuffolk.co.uk

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Children

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Adults