



One Life Suffolk



Getting out together 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.

Margaret got involved in the Fit Villages Kessingland Beginners Running programme last year and has attended the group every week since. Not only has she reduced her blood sugar reading from 8.2 to 4.9 and lost two stone, but she is also more confident and happier in herself. This is all down to the social aspect of the group which has left Margaret feeling like she is part of one big happy family.



Margaret, 78, Kessingland
Favourite activity: Fit Villages
beginners running programme

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

OneLifeSuffolk @onelifesuffolk

Adults