



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.

Despite feeling 18 years old in her head Pat's 65 year old body felt more like an 80 year olds, so in September 2015 she decided to give fitness yoga a go. Since then she has lost 23lbs and waved goodbye to her aches and pains. Not only does she feel healthier but she feels happier, and can now walk past a mirror and be proud of how she looks. But for Pat the group isn't just about keeping fit it's about having a laugh and feeling like you belong.

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



Pat, 66, Battsiford
Favourite activity: Fit Villages fitness yoga programme



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

'LOSE' WEIGHT

Children

OneLifeSuffolk @onelifesuffolk

Adults