



# 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.

Richard and his father Dick both used to play in the same works football team nearly half-a-century ago, so when the AFC Sudbury club introduced Walking Football sessions in the town the pair decided to reunite on the pitch. At a combined age of 144 the pair are the oldest related family members playing the sport in Suffolk - and possibly beyond! Dick loves it, even if the ball doesn't always do as he wants, because it keeps him active and has introduced him to lots of new people. Before playing he hadn't got involved in any local organisations so being on the team makes him feel part of the community.



Dick, 84, and Richard, 60, Long Melford  
Favourite activity: Walking Football

### 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](mailto:info@onelifesuffolk.co.uk) [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

'LOSE' WEIGHT

Children

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Adults