



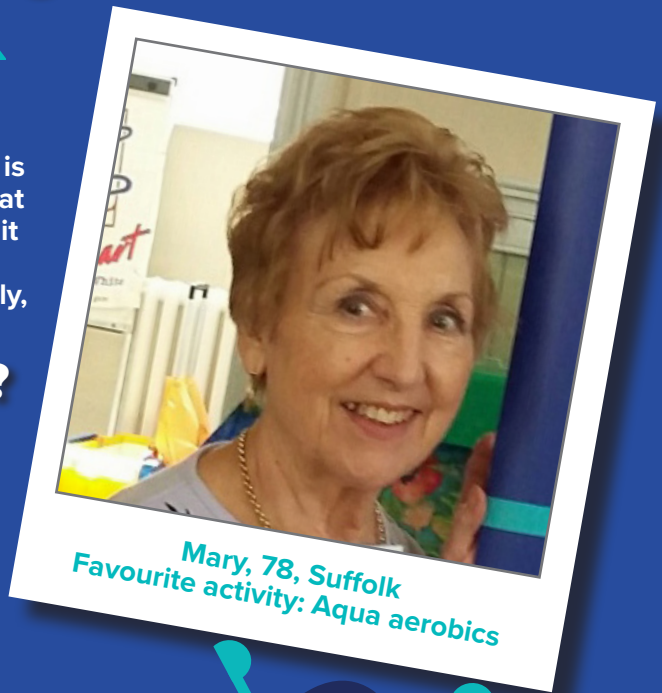
# One Life Suffolk



## Enjoying me time *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.

Mary is a full time carer for her husband who suffers with dementia, so going to her aqua aerobics class twice a week means that she gets some well deserved rest bite. When she is in the water she doesn't think about anything else except what she is doing which helps her to unwind and relax. This little bit of me time is definitely what the doctor ordered because not only does it improve Mary's health mentally but also physically, soothing all her aches and pains.



Mary, 78, Suffolk  
Favourite activity: Aqua aerobics

### 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

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Children

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Adults