



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.

Ten years ago Gillian was diagnosed with type two diabetes. Since then she has tried to improve her health by joining Slimming World and giving up smoking, but nothing stuck. She visited her local diabetic clinic for help and was enrolled on to Abbeycroft Leisure's Active Living Project. With the help of her trainer she progressed from manageable exercises to cycling - despite having had a knee replacement. Within 12 weeks Gillian had lost 17 pounds and had her insulin reduced from 38 to 20 units twice a day. It's safe to say Gillian is over the moon with the benefits of being active - so much so she is now attending classes as well as the gym!



Gillian Ward,
Favourite activity: Going to the
Abbeycroft 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