



# 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.

Prior to attending the ActivHub sessions a stroke left Miss L with poor balance and a lack of confidence. This in turn caused her to be very inactive. At the beginning of the project she had reported five falls within the previous year, but since taking part no falls have been recorded. Not only has she seen a great improvement in her balance and strength but she now has lots of new friends and the confidence to get out and about.



Miss L, 67, Ipswich  
Favourite activity: ActivHub

### 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