



# 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.

Mr J was referred to the ActivLives ActivAgeing Centre from Blue Bird Lodge after one year of intensive treatment following an injury that gradually resulted in him being left paralysed from the neck down. When he first attended the ActivHub Mr J had limited mobility and walked tentatively with a frame. Nine months on and he is now walking upright with much more confidence with only the aid of two sticks and continues to improve weekly.



Mr J, 75, Suffolk  
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