



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.

After breaking his neck in an accident at work eight years ago, Alan was told he was unlikely to ever walk again. He began having massages once a week to help with his spasms, and it was there that someone recommended getting a personal trainer. Alan did just that and soon began training at Abbeycroft Leisure's Haverhill Centre twice a week. Now he can walk around the supermarket holding on to a trolley, something neither he or his consultant ever thought possible. Alan puts his recovery down to his work at the gym, and believes that it's important to keep active despite the obstacles you may face.



Alan, 60, Haverhill, Favourite activity: Strength training at Abbeycroft Leisure

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