



# One Life Suffolk



## Getting out together 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.

Elaine was terrified about joining an activity class but since plucking up the courage she hasn't looked back and now attends five, 60 minute activities every week including low impact fitness classes and badminton. Elaine doesn't just love the benefits that being active brings to her health but also to her social life and claims that meeting new people and making new friends is the best part about being active.



Elaine, 64, Ipswich  
Favourite activity: Low impact fitness classes and badminton

### 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