



One Life Suffolk



Keeping active

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.

It's not often that you will find Joan sitting still, she spends the majority of her days doing the housework, pottering around the garden or going up and down the stairs. Her garden is her pride and joy and she doesn't get any help keeping it in order, even cutting the grass every week. These activities are all a part of her routine and she wouldn't have it any other way. In fact she even refuses to live in a bungalow so she has no choice but to use the stairs everyday. Joan finds that all this work keeps her mobile and helps her joints, muscles and brain!



Joan, 92, Suffolk
Favourite activity: Gardening

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