

**Get Help
To Get
ACTIVE**

**One
Life
Suffolk**

Discover the **POWER** of physical activity

Prioritise your health and your happiness by starting your physical activity journey with OneLife Suffolk



Do you do less than 30 minutes of activity a week?

Have you been told you have a long-term condition?

Would you benefit from being active and moving more?

Join our **FREE** programme today!



info@onelifesuffolk.co.uk
www.onelifesuffolk.co.uk








 SCAN ME

What are the benefits of being active?

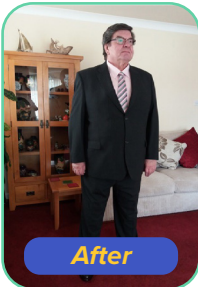
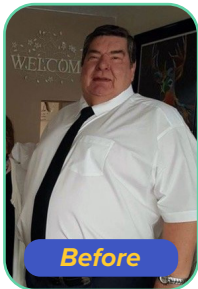
Even small amounts of activity make such a big difference to your overall health and well-being.

Our Get Help To Get Active team are here to help and support you on your journey to being more active.

-  **Improves your general well-being**
-  **Helps you to manage stress**
-  **Improves your mood**
-  **Allows you to maintain a healthy weight**
-  **Live longer and better**



What do our clients say?



“I discovered things like the importance of everyday functions, such as keeping hydrated, sleeping well and being active, which doesn’t necessarily mean heavy exercise. I walk two miles a day without stopping, sometimes twice a day.

I have lost 7 stone and am still losing. My well-being has improved dramatically, and its not just size and mobility. It’s how you feel - I feel happier, I feel more able to cope, I feel healthier and my activity levels have increased.”

Robert, OneLife Suffolk client



Get Help

Our ‘Get Help’ service provides up to 12 months of support, starting with our 12-week programme consisting of weekly supervised exercise sessions and practical support around key topic areas such as how to exercise safely, overcoming barriers and staying motivated.



After your 12 weeks, you will have access to ongoing support to help you maintain and develop a healthier, active lifestyle in the long run.

Get Active

Our ‘Get Active’ service can support you if you are not active but do not need supervised exercise support. We aim to help you find a local activity that you enjoy, and that will improve both your physical and mental health as well as give you a social and confidence boost.

Our Get Help To Get Active Activator team (trained volunteers who are passionate about sport, activity, and movement) will support you by leading a free 1-hour weekly session in the sport or activity you choose for over six weeks. They will encourage you to try new exercise, sports or physical activity challenges such as a walking group, community sports or leisure-based activities.

After completing the 12-week programme, you will have access to ongoing maintenance support via our OneLife Club and our closed Facebook group.



OneLife Suffolk offers a variety of FREE programmes to help local people live healthier lives. These include weight management programmes for adults, children and families, stop smoking services, NHS Health Checks, help to get people more active, training for professionals and more.

The course re-shaped my thinking about wanting to become more active. It encouraged me to set goals for myself and I gained satisfaction from achieving these goals in an incremental way.

As a result of joining this programme, I have become more active, some of my medically-induced pain has reduced and I have seen a reduction in my weight.

OneLife Suffolk client

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ى ل ع ل اص ت ال ا 01473 718193.

Arabic

Se precisar de ajuda para entender esta informação
em outra língua, ligue para 01473 718193.

Portuguese

Jeśli potrzebujesz pomocy w zrozumieniu tych
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Polish

Dacă aveți nevoie de ajutor pentru a înțelege aceste
informații într-o altă limbă, vă rugăm să sunați la 01473
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如果您需要其他语言的帮助 · 请致电 01473 718193.

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information dans une autre langue, veuillez appeler le
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French

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