



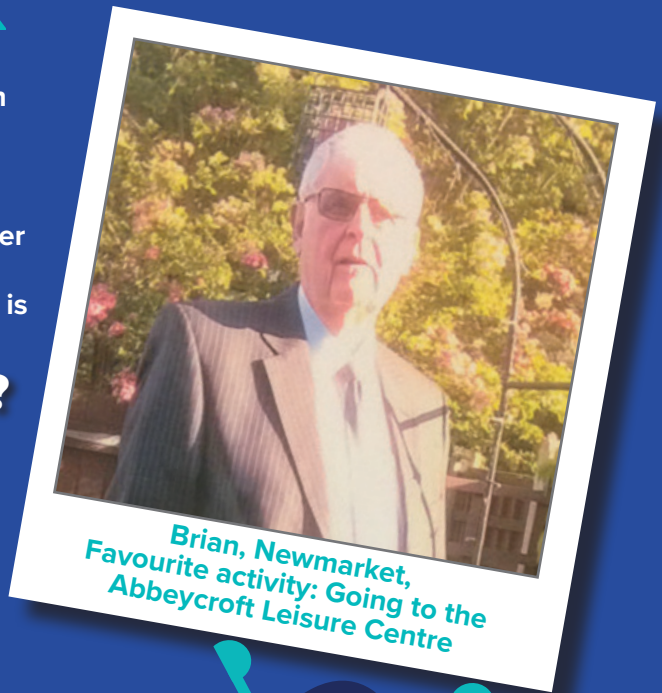
One Life Suffolk



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 seeking treatment to improve back pain Brian was told that he needed to lose weight, so he made the decision to join Slimming World. With their guidance and support he began losing weight at a steady pace, but after a while he decided it was time to do more and got his GP to refer him to the Active Living scheme at Abbeycroft's Newmarket Leisure Centre. After having an assessment Brian was given a tailored programme and he hasn't looked back since. He has now lost 4 stone and is healthier, happier and pain free!



Brian, Newmarket,
Favourite activity: Going to the Abbeycroft Leisure Centre

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

'LOSE' WEIGHT

Children

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Adults