



One Life Suffolk



Stepping out in Suffolk

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 the unexpected death of her husband, Lin began to feel very isolated, which didn't go unnoticed by her family and neighbours who suggested that she join a Health Walk. After years of being inactive and not walking much further than the front door Lin found the 1.5 mile walk a challenge, but she stuck it out and now walks 5-6 miles every Wednesday with the Waveney Ramblers. With lots of new friends and a new found love of walking, Lin wakes up feeling motivated. But it isn't just her mental health that has improved, Lin has also reaped the physical rewards by losing 6 stone - that's what you call a walk!



Lin, 76, Wrentham, Favourite activity: Walking

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

OneLifeSuffolk @onelifesuffolk

Adults