

One Life Suffolk

15 things for
150 mins.



Call us on 01473 718193 to find out more
or email info@onelifesuffolk.co.uk
www.onelifesuffolk.co.uk

1 Walking

9 Washing
the car

2 Swimming

10 Yoga

3 Gardening

11 Walking
the dog

4 Rambling

12 Sitting
exercises

5 Pushing a
pram

13 Washing
floors

6 Badminton

14 Cricket

7 Mowing the
garden

15 Walking up
the stairs

8 Golf