

Active Ageing



Inactivity can:

Increase the chance of falls, obesity and heart disease

Activity can:

Aid stamina, strength, flexibility and balance

Try 30 mins of these a day for 5 days



Walking



Swimming



Tennis



Gardening



Cycling

Regular physical activity reduces your risk of:

- > Type 2 diabetes by up to 40%
- > Dementia by up to 30%
- > Depression by up to 30%
- > Breast cancer by 20%
- > Heart disease by up to 35%
- > Hip fractures by up to 68%

For help and advice in getting more active, contact us today

Call: 01473 718193

Visit: www.onelifesuffolk.co.uk

Email: info@onelifesuffolk.co.uk

**One
Life
Suffolk**