



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.

Eileen takes part in four, hour long low impact fitness classes every week and has done ever since her diabetic nurse told her she needed to be more active. Since getting involved in these activities she has become a much fitter and much more social person and would recommend it to anyone.



Eileen, 76, Ipswich
Favourite activity: Low impact fitness and badminton

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

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Children

OneLifeSuffolk @onelifesuffolk

Adults