

# Physical activity for adults aged 50+



Stradbroke Walking Group

**You can do it!**



## Guidance and Local Contacts



**SUFFOLK**  
Community  
Foundation

# 20 Benefits of Physical Activity



1. Helps with your **ability** to perform everyday tasks

2. Helps with your **weight management**

3. **Strengthens** your muscles, bones and other structures

4. Helps to reduce your **pain** and improve **pain tolerance**



5. Helps improve and maintain good **flexibility**

6. Improves your **energy** and reduces **fatigue**

7. It's **enjoyable** and puts a **smile** on your face

8. Helps boost your mood and makes you feel **happier**



9. Improves your **cognitive function** and **memory**

10. Maintains your **independence**

11. Helps **stress** management and reduces **depression/anxiety**



12. Helps you to **socialise** and meet people

13. Increases your **confidence**



14. Reduces your risk of developing/progressing other **health conditions** e.g. cardiac, diabetes, musculoskeletal pain and more

15. Reduces your need for **medication** in some cases



16. Helps to reduce your **blood pressure/cholesterol**

17. Helps improve your **breathing efficiency**

18. Helps improve your **immune system** and **digestion**



19. Chance to **take charge of your health**

20. Helps you to track progress and achieve **goals**



# Guidelines

Aim for **150 mins** of moderate activity per week

Aim for **10 minutes or more** per exercise

e.g. 30 minutes on 5 days per week

**X2** **strengthening** activities

**X2** **balance/mobility** activities for falls prevention

Try to **reduce prolonged sitting**



Start at a **low intensity** and gradually **build up**



Some **activity** is better than none

# Types of activity

Cardiovascular	Strength	Flexibility and Balance
Increases heart and breathing rate <i>Moderate to vigorous intensity</i>	Major muscle groups Exercise until near fatigue	Improves balance and posture Prevents falls
Such as walking, swimming, active travel, gym classes, dancing, Nordic walking	Such as resistance bands or lifting cans of beans, Pilates heavy gardening, e.g. digging,	Such as Pilates, Yoga, falls classes, Tai-chi, body balance



*\* Please note that these are general guidelines and should be taken into context considering individual needs and any associated health conditions.*

# Building activity



# into everyday life



# Local Activity Information

(Please be aware there are some costs involved)

<b>Stradbroke Leisure Centre</b>	<a href="http://www.everyoneactive.com/centre/stradbroke-swimming-pool-and-fitness-centre">www.everyoneactive.com/centre/stradbroke-swimming-pool-and-fitness-centre</a>	01379 384376
<b>Harleston Leisure Centre</b>	<a href="http://www.gym.harlestantowncouncil.co.uk">www.gym.harlestantowncouncil.co.uk</a>	01379 852088
<b>Exercise Referral Scheme</b>	Support and advice in a gym environment; ask at the Stradbroke Leisure Centre or at your local GP surgery	
<b>Chair-based exercises</b>	Sue Potter	07780 707972
<b>Zumba dancing (also chair-based)</b>	Eileen Torosian-Tinney	07813 854255
<b>Pilates</b>	Nikki Hambling	07899 888778
<b>Nordic Walking (walking with poles)</b>	Charlotte Atkinson	07879 653488
<b>Tai Chi</b>	Cindy Engel 07873 114682	
<b>Yoga</b>	Clare Hall 01379 672949	

# Further Useful Contacts

<b>Active Suffolk</b>	<a href="http://www.activesuffolk.org">www.activesuffolk.org</a>	01394 444605
<b>Babergh and Mid Suffolk District Council</b>	<a href="http://www.midsuffolk.gov.uk/communities/whats-on/activities-for-all/">www.midsuffolk.gov.uk/communities/whats-on/activities-for-all/</a>	0300 1234000
<b>NHS</b>	<a href="http://www.nhs.uk/live-well/exercise">www.nhs.uk/live-well/exercise</a>	
<b>Suffolk Infolink</b> (a directory of useful local information)	<a href="http://www.infolink.suffolk.gov.uk">www.infolink.suffolk.gov.uk</a>	
<b>Fressingfield and Stradbroke GP Surgeries</b>	<a href="http://www.fressingfieldmedicalcentre.co.uk">www.fressingfieldmedicalcentre.co.uk</a>	01379 586456 (Fressingfield) 01379 388313 (Stradbroke)
<b>OneLife Suffolk</b> (healthy living advice and support, free health walks)	<a href="http://www.onelifesuffolk.co.uk">www.onelifesuffolk.co.uk</a>	01473 718193
<b>Discover Suffolk</b> (cycle, walking and horse riding routes)	<a href="http://www.discoversuffolk.org.uk">www.discoversuffolk.org.uk</a>	

# Do you need help to get active?

The **Get Help To Get Active** team at OneLife Suffolk understand that being physically active can be very challenging, particularly if you are faced with a long term condition.



If you are currently doing less than 30 minutes of physical activity that raises your heart rate each week and you have a long term health condition, OneLife Suffolk's **Get Help To Get Active** service could support you.



The **Active Lifestyle Practitioners**, from the Get Help To Get Active team offer 12 months of tailored support which could help you to improve your general wellbeing and enhance your quality of life.

**Refer yourself today by calling or visiting the website**

**01473 718193**

**[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)**

*\*Access criteria applies. For eligible long term conditions visit the OneLife Suffolk website or contact your local Active Lifestyle Practitioner.*



# FIT VILLAGES

Activity on your doorstep

Fit Villages brings people together by setting up activity sessions in rural communities.



“We’re all much fitter, happier and more confident”  
(Running, Kessingland)



“I’ve never done an exercise class before but I’m really excited about it. I don’t get out enough, and I am turning 80 this year, so this is the time to change things”  
(Shimpling, Chair-based Exercise)”



Fit Villages can help get you started with funding to set up new activity sessions in your village. We consult the village to find activities that suit you, making good use of village facilities and bringing your community together.

[www.fitvillages.co.uk](http://www.fitvillages.co.uk)

By Phone: 01394 444605

## Local Residents' Quotes

**“I’m enjoying all of it. I’ve loved the Nordic Walking because I love being outside but I’ve also enjoyed Pilates because it doesn’t come naturally to me so I have to push myself. Being back on my bike again is great too, riding around the streets of London wasn’t a lot of fun but riding around country lanes is!”**

**Carol, 52, Brockdish**



**“ I wanted to get more active after a hip replacement as I was in pain so I asked about the Exercise Referral Scheme and was referred to Stradbroke Leisure Centre. I enjoy the help I receive with exercises in the gym and am feeling better for it”**

**Dorothy, 81, Stradbroke**

**This booklet has been produced by Stradbroke and Fressingfield GP Surgery Patient Participation Group, in partnership with the Active Wellbeing Service at Active Suffolk. June 2019.**



**NHS**  
**Ipswich and East Suffolk**  
Clinical Commissioning Group