



Make the first move!

You're never too old to feel the benefits of physical activity!

Just 30 minutes a day of moderate activity such as brisk walking can make all the difference to your health.

You can build up gradually, 10 minutes at a time.

If you've had any health problems or have been inactive for a very long time, then check with your GP first.



Actively Ageing Well is a scheme aimed at promoting physical activity among the over fifties. For more information on projects/activities in your local area, telephone 028 9024 5729.



Health
Promotion
Agency

get a life  *get active*

AGE
Concern

NORTHERN
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