



These classes and activities for the over 50's are designed to help you keep active and meet new people.



For **wellbeing** For **health** For **fun!**



For more information on the Active Ageing Programme see:

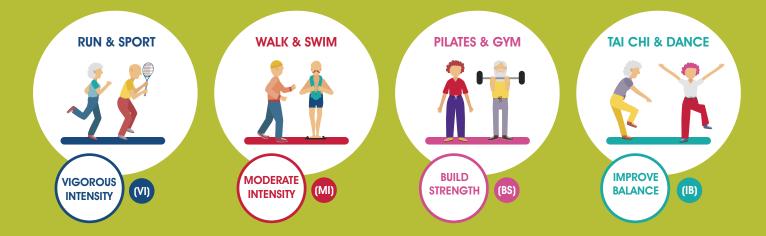
Active Ageing

How much activity should I be doing each week?



Don't forget the aim is to sit less so doing something is better than doing nothing!

BE ACTIVE



Active Ageing Programme Activities

Intensity codes: (VI) = Vigorous Intensity **(MI)** = Moderate Intensity **(BS)** = Build Strength **(IB)** = Improve Balance **Disclaimer:** You should always consult with your Doctor before beginning any type of exercise or physical activity

DAY	ACTIVITY	INTENSITY	TIME