

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

Gym



Pilates



Dance



Tai Chi



In addition 2 days per week of

To keep your muscles, bones and joints strong and reduce your chance of falling

AND

vigorous intensity minutes of running or sport

OR

moderate intensity minutes of walking or swimming

75



150



For a healthy heart and mind complete

How much activity should I be doing each week?

For more information on the Active Ageing Programme see:

Active Ageing Programme



For wellbeing
For health
For fun!

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



