



Active Age

Telephone : 0845 094 4087
Email : info@active-enterprise.org
Web : www.active-enterprise.org



Active Age



**Delivering health and fitness
to senior citizens within the UK**



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Active Age is designed to deliver health and fitness to senior citizens within the UK.

Our aim is to increase awareness and help people who need the extra motivation to lead a healthy, active lifestyle. We operate via health clubs and recreation centres, as well as having personal trainers making home visits. We also have a team that visit nursing and care homes, providing dietary plans.

We also need help through donations and volunteers. Please contact us for details.

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Getting started

If you're not already active, begin slowly and start with something you are already comfortable doing.

Starting slowly makes it less likely that you will injure yourself and will help prevent soreness.

Basic equipment

All you will need to start off are some comfortable, loose-fitting clothes and well-fitting shoes with good arch support and a cushioned heel to absorb shock.

Always make sure you dress appropriately for the weather, as you get older you will become more sensitive to the heat & cold.

Getting it right

Doing a warm-up first is very important. Aim for 5-10 minutes of stretching before each session to help prevent soreness and injury.

Doing a cool-down at the end of your activity will help reduce the pressure on your heart and prevent muscle aches & pains the next day.

How much exercise?

It is widely recommended that you do half an hour of moderate exercise most days of the week.

Start slowly, especially if you haven't been active in a while, and work up to your goal of half an hour.

Why Exercise?

There are many health and lifestyle benefits to keeping active - whatever your age. It's never too late to make a difference by increasing physical activity. Taking regular exercise can add years to your life and will also boost your energy levels.

Regular physical activity will help you:

- **Improve mobility, balance and muscle strength**
- **Reduce the risk of heart disease**
- **Reduce stress and alleviate depression**

Types of Exercise

Walking is an excellent start. You could begin with a walk in your local park, the countryside or the beach if you live by the sea. Gentle swimming is a great all round exercise and many swimming pools hold sessions for older people with special rates often available.

There is a range of other activities that you could try:

- Aerobic classes**
- Ten-pin bowling**
- Yoga**
- Ballroom dancing**
- Gardening**
- Housework**