



Active Ageing Week

Active Aging week commences Monday 2nd October!

Research shows that from 50 years of age we naturally lose muscle density year on year. While ageing is inevitable, the pace at which physical changes occur can be slowed or even reversed with regular physical activity.

The UK Chief Medical Officers recommends being active for 150 minutes each week and doing activities to improve muscle strength at least twice a week.

Regular physical activity helps you age well. It provides a range of physical and mental health benefits including having a healthy heart, lowering the risk of conditions like type 2 diabetes, stroke and some cancers, and can help prevent falls. It can help keep your brain sharp, make you feel happier and help you to manage stress.

Most older adults do not do enough physical activity, but small changes can make a big difference.

Top tips:

- Break up the amount of time you spend sitting
- Plan your weekly activity
- Try something, as it is better than doing nothing
- Move more often every day
- Build up your physical activity gradually
- Make your activity a habit
- Add activities that will help you be strong and steady, such as carrying shopping bags;
- Make a start today, it is never too late

Active Ageing Week, which runs during Positive Ageing Month from **Monday 2 October to Sunday 8 October**, is a good opportunity to get active or try something new. For more information on getting active as you get older, visit www.pha.site/ActiveAgeing

For more information on exercise programmes, contact our Belfast Active Ageing partners below:

- **Shaftesbury Community & Recreation Centre (LORAG)**, 97 Balfour Ave, Belfast BT7 2EW: Phone: 028 9031 2377 Email: info@lorag.org

- **The Heart Project at Maureen Sheehan Centre**, 106 Albert St, Belfast BT12 4HL: Phone: 028 9031 0346 Email: pauline.mccarry@heartprojectbelfast.com
- **The Hanwood Centre**, Kinross Ave, Belfast BT5 7GE: Phone: 028 9041 1970 Email: info@hanwood.org
- **Better Gyms & Leisure Centres** (various centres): Phone: 02896206150 Email Victoria.irving@gll.org

Falls Prevention Group Exercise Programmes

The Belfast Trust in partnership with Active Belfast deliver the **Falls Prevention Group Exercise Programmes**. It offers structured exercise in a safe environment, to increase your physical activity levels, challenge your strength and balance, promote general wellbeing and ultimately reduce your risk of falling.

HAVE YOU:

- Had a recent fall?
- A history of falls OR near misses?
- A fear of falling that limits your confidence to complete your daily activities?

If you answered Yes to one or more of the above, live within the Belfast Trust and are aged 65 or over, you may be eligible to attend a 12 week Strength & Balance Exercise Programme.

This 12 consecutive week Strength & Balance Programme is **free of charge** and offered at a range of venues across the city.

CURRENT LOCATIONS:

- Olympia Leisure Centre
- Girdwood Community Hub
- Andersonstown Leisure Centre
- Hanwood Centre
- Shaftsbury Recreation Centre
- Avoneil Leisure Centre

(Please contact us for further information on day and time of classes. Venues are subject to change)

If you would like to attend one of the programmes, please telephone 028 9504 7656 or email: FallsServices@belfasttrust.hscni.net
www.makinglifebettertogether.com