

MOVE MORE



**DON'T JUST SIT THERE —
FEEL THE BENEFIT!**

Getting active needn't mean getting down to the gym. We'll show you how easy it is to fit a little physical activity into your day, and feel a lot fitter.

ONE YOU
CHESHIRE EAST



MODERN LIFE MEANS MOVING LESS THAN YOU SHOULD.

Think about it – technology has made life easier, most of us travel in cars or by public transport, and few people have jobs that need much physical effort. None of which is good for our health.

In fact, being inactive can increase your risk of developing conditions like Type 2 diabetes, heart disease and cancer, and it can lead to osteoarthritis and physical limitations in later life. But the answer's simple – Move More!

Physical activity has been shown to boost self-esteem, mood, improve sleep quality and increase energy, while reducing the risk of stress, depression, dementia and even some cancers. And the good news is, with some simple changes you can easily be physically active throughout the day and make it fun for the whole family.

WE'LL HELP YOU GET BACK ON YOUR FEET!

At One You Cheshire East, we'll show you how best to build physical activity into your lifestyle. It's really easy to do, whether it's at home, in the garden, in your local park or at your local leisure centre. It can range from taking up a hobby or sport to simply walking to the shop instead of jumping in the car.

You'll find all sorts of hints, tips and ideas on our website – and you'll also find we have a couple of special programmes to help raise your general activity levels, or help you maintain your strength and balance if you're older and at risk of falls.

ACTIVE LIVES.

If you feel as though you're not active enough, Active Lives is an exciting 12 week physical activity programme which would be tailored to your individual needs and provide you with the tools, support and knowledge to achieve your activity goals and transform your lifestyle.

On our Active Lives programme you will have contact with a dedicated Lifestyle Coach, who will help motivate and inspire you to achieve your personal goals through a tailored programme of activities. We aim to maximise your results, keep you motivated and increase your health and exercise knowledge.

A vast range of exercise opportunities are available in centres across Cheshire East, including swimming, exercise classes, walking, racket sports, gym and much more.

If you feel you are ready to make the change to improve your health through increased physical activity you can register with this free programme. You will need to be over 18, living in Cheshire East and doing less than 30 minutes of moderate intensity exercise each week to qualify.

BE STEADY BE SAFE FALLS PREVENTION PROGRAMME.

If you live in Cheshire East, are aged 65 years and over with poor balance and mobility or have fallen in the past 12 months, this programme is for you. Be Steady Be Safe is a 24-week programme consisting of balance and strength exercise classes, prescribed home exercise and education, designed to reduce your risk of falling and keep you safely on your feet and independent.

Classes are held across the borough, on various days and times. On completing the 24 week programme, you'll be able to carry on through attending regular maintenance classes and home exercises.



LIKE EXERCISE, IT'S ALL FREE.

It costs nothing to become more active – and if you qualify, our special programmes are free too. You'll find a lot more information on our website about when and where they're happening and how to get involved, together with tips and advice on improving your activity levels and reducing the risk of falls.

Don't worry if you are not eligible for the programmes, we also provide free help and support through our website and our Lifestyle Support Workers for everyone interested in moving more!

To see how we can help you become a healthier you, visit www.oneyoucheshireeast.org/move-more