

Local places for keeping active:

Your local Council Leisure Centre has activities for people over 50

Tel: 0113 395 2373

Website: www.leeds.gov.uk, look under Leisure and Culture Services

Your local Neighbourhood Network Scheme for Older People runs many activities. To find your local scheme, contact Leeds Council Contact Centre,

Tel: 0845 125 4113
(charged at local rate)

Website for Neighbourhood Networks: www.leedsnns.org.uk



Keep Active Keep Well



**A little activity each day
goes a long way**

Examples of everyday physical activity

- Sweeping the floor
- Vacuuming
- Gardening
- Walking
- Carrying shopping
- Climbing steps or the stairs
- Standing up and sitting down several times



“ I’ve had another handrail put on the stairs, and make sure I go up and down several times a day. If I just sit in the chair, my knees seize up! ”

Everyday activity will help you:

- Move around more easily
- Keep well and strong
- Do more for yourself
- Keep in touch with family and friends
- Feel more relaxed