



## Case study: Anna and Steve from Babergh

### How did you hear about the Active Wellbeing service?

We heard of the Active Wellbeing service through the Long Melford Library which resulted in us attending the New Age Kurling from Fit Villages as well as taking part in the Active Tech project, which are all part of Active Suffolk's health projects to help tackle physical inactivity amongst older adults.

### Tell us about your experience with physical activity:

We both used to run back in the day. Steve used to run up to 10km and Anna has previously completed the Berlin marathon, but this was many years ago! But they had stopped entirely and the only activity that Anna was initially doing was from working on her feet in the local library. Anna spoke about the changes to her body since she became inactive: over the years I lost a lot of muscle strength and fitness and was made even worse with my recent diagnosis of fibromyalgia, which has many side effects including chronic pain and fatigue.

### What was your main motivation for becoming more active and how have you managed to remain active?

Anna mentioned: it's the only way I can keep my weight down and it makes every day life activities a lot easier.



**Anna, 58 and Steve, 62**

I also now need to keep up with my husband! Steve added: I really want to get back to being fit and keeping the weight down too!

### What activity, class, or type of exercise has been your most enjoyable or most helpful?

Anna has started belly dancing in Sudbury, as well as tracking her steps using

her TomTom fitness tracker.

She has also trained as a physical activity champion through the Active Wellbeing service and has increased her awareness and understanding of physical activity. She has learned a lot about general health and how physical activity can help through her own experience.

Steve has started to walk and run together and wants to slowly increase this over time so that he become a regular runner.

### **Has getting help from the Active Wellbeing service helped support and encourage you to remain or become more physically active? If so, how?**

We are so pleased that we've been part of the Active Wellbeing service. The New Age Kurling sessions have been brilliant, and the different events have been interesting too such as the Fitness MOT's where we tested our physical health and compared it to the national average for our age. Seeing Nick and having a TomTom Tracker has given us a kick start in helping our own health. It has also helped Anna with motivation to start new Music For Health initiatives in the local area, supporting older adults to enjoy dancing and singing to help their physical, mental and social health.

### **Has getting help from the Active Wellbeing service benefitted your emotional wellbeing?**

The physical activity that we've started has helped by

releasing the endorphins which has helped us in all areas of life, such as mental wellbeing, social health and other habits such as snacking and alcohol intake.

### **Do you feel more connected to your community as a result?**

Attending the New Age Kurling has been very social. Also, we've taken up attending other community groups such as the local choir!

### **Is there any advice or tips that you would give to somebody who has just joined the Active Wellbeing service?**

Go for it! Support from the Active Wellbeing service or signing up for a TomTom Tracker is worth it! The TomTom Trackers are a good start to tracking your progress and you can monitor it at your own pace too. Don't knock it until you try it! We've all worked very hard for our pension, and we owe it to ourselves to look after our bodies so that we can enjoy this time in our lives, and not suffer in bad health.

