



Case study: Mid Suffolk Client (age 52)

How did you hear about the Active Wellbeing service?

From a nurse at Fressingfield Medical Centre.

Tell us about your experience with physical activity:

I didn't do much activity before Active Wellbeing.

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

To improve my health and stamina. I am quite busy but the reminders from Active Wellbeing have helped me to stay active.

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

Walking the dog, hoovering and running around the garden. I aim to do more dancing

which I enjoy.

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

Definitely. The Active Wellbeing services provides many motivating opportunities locally and lots of timely reminders. I'm more conscious of moving my body now.

Has getting help from the Active Wellbeing service benefited your emotional wellbeing?

Yes.

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

Yes.

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

Set achievable goals and do the exercise that you most enjoy.

Is there anything else that you would like to add?

My Active Wellbeing representative, Annie, catering for my individual situation and was very, very encouraging and motivating. I have enjoyed and benefited from being on this programme and time permitting, will join a local exercise class.

For more information about the Active Wellbeing service, visit:

www.activesuffolk.org/health-and-wellbeing



What is Active Wellbeing?

Active Wellbeing is a bespoke approach from Active Suffolk, in partnership with Babergh and Mid Suffolk District Councils.

The Active Wellbeing services help to support older adults who are physically inactive to become more physically active.

With the support of one of Active Suffolk's Physical Activity Advisors, clients will be able to discuss their motivations to get active, different options that are available locally to them and overcome any barriers, issues or concerns they might have.

The service is focused on the individual, and the Advisor will support clients through consultations, phone calls and on-going reviews to provide support, motivation and advice.

