

Margaret — Kessingland Beginners Running



Margaret is 78 years old and is a keen member of the Fit Villages Kessingland Beginners Running programme. She has been attending the group every week since we set it up in January 2015 and has significantly improved her health, fitness and well-being.

"I am proud to say that I have reduced my blood sugar reading from 8.2 to 4.9... and I have lost two stone"

"I am the oldest of our group - I walk while the others run. I also walk briskly round Kessingland every day which takes me between 25 and 30 minutes. I feel so much better for doing it. And I've got the support of my girls as well. I call them my girls because they are all younger than me. It was my 78th birthday last week and I had cards from some of the group...some of us also had a small slurp of Bai-leys...naughty but nice."

Taking part in a Fit Villages project has had a huge impact on Margaret, and the effects go far beyond the improvements to her health. She said:

"I wouldn't miss this for the world because we get together and it's like being in a family".

The participants feel fitter and better for doing something active, but importantly feel more confident and happier as a result of being part of a social group. Fit Villages provides a unique opportunity to improve people's physical and mental health and wellbeing, while also trying to combat social isolation and loneliness. All the members of this group have benefited from a local social opportunity while taking part in physical activity.

What is Fit Villages?

Fit Villages is a well-established and popular project that makes a real difference to local communities by bringing people together to socialise, have fun and become more active.

The project, which is run by Active Suffolk and is supported by the National Lottery Community Fund, helps villages in rural locations to set up physical activity sessions by using village facilities such as community centres, village halls, libraries and playing fields.

The project has already helped many villages across Suffolk to set up activities such as Pilates, Yoga, Table Tennis, Nordic Walking, Zumba, Badminton, Keep Fit, Walking Football and many more!

If you would like to see an exciting new activity come to your village, please get in touch— we are always looking for new villages to get involved! Visit our website to fill in an enquiry form: www.activesuffolk.org/fitvillages