

## Pat— Battsford Fitness Yoga



### 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](http://www.activesuffolk.org/fitvillages)

Pat is 66 years old and a keen member of the Fit Villages Battsford Fitness Yoga programme. She has been attending the group every week since we set it up in September 2015 and has significantly improved her health, fitness and wellbeing.

*"I am now 23lb lighter and most of my aches and pains have disappeared.*

*In September I went to a free taster session of Fitness Yoga as I realised I was not as fit as I would like to be and quite overweight. Although I only felt 18 years old in my head, my 65 year old body felt more like 80 years old - lots of aches and pains and getting tired quickly. I was already attending an aerobics class but due to a problem with my knee, I was finding it uncomfortable. Would fitness yoga be any different? The answer was definitely 'yes'! From the first class I started to feel the benefit - the stretching worked wonders, it made me feel good in myself and spurred me on to make an effort to lose some weight."*

Taking part in a Fit Villages project has significantly improved Pat's health and wellbeing. As part of the project, she had a Boditrix body composition scan when she started the Yoga class, and recently had a follow up scan to track changes. The effects of taking part in regular physical activity and making changes to her diet were fantastic.

In addition to losing weight, Pat now has a healthy BMI, has lost over 7kg of fat, has 6% more muscle, and reduced her Visceral Fat and degree of obesity from over 16% to 4%. Before making any lifestyle changes, Pat's metabolism was slow and she had a metabolic age of 74; now her metabolism is more efficient and her metabolic age is 54. This is a remarkable achievement over a short period of time and has motivated Pat to sustain a healthier, more active lifestyle.

*"My muscles are stronger and more toned so my body looks much better. Now I can walk past a mirror and be happy with how I look."*