

herts  
**sports**  
partnership



Starts Monday  
1st March 2010

OPEN TO MEN  
AND WOMEN AGED

**50+**

# ACTIVE

together in the community

- **table tennis**
- **badminton**
- **new age kurling**
- **dance (various styles)**
- **pilates**
- **short mat bowls**
- **new age bowls**
- **boccia**
- **seated exercise**
- **gentle exercise**
- **yoga and much more!**

Being active can be fun! Whatever your interest or ability, there's something for everyone – it's just about finding an activity that suits you, and that you'll enjoy. So why not join us for FREE weekly activity sessions where you can try your hand at something new. What's more you will get to meet new people and enjoy the social side of keeping active!

**Every Monday 10am – 12noon**  
**Seth Ward Community Centre**  
**Luynes Rise, Buntingford, SG9 9SG**

Free tea and coffee will be available during the session.



**take part in a fun and relaxed atmosphere!**

# Keeping active in later life

As a society we are living longer and we now have far more time to enjoy our retirement. It is important to remember that it is never too late to start to make changes to your lifestyle and routines to improve your health and well-being and ensure that your later years are not hampered by ill health.

Doing enough physical activity (*at least 30 minutes most days of the week for adults*) is essential for good health and wellbeing, but most of us aren't nearly active enough.

However, getting started can be easier than you think.

The secret of success is doing something you really enjoy, that you can fit into your life and you can keep doing regularly. It helps to try different activities and this session is designed to do just that. So come along and have a go!

Herts Sport Partnership and Hertfordshire County Council are committed to working in partnership to improve the health and well being of residents across the county by encouraging more people to become active, more often.

For lots more information and advice about how to get active in your area please visit:

[www.sportinherts.org.uk](http://www.sportinherts.org.uk) and [www.hertsdirect.org](http://www.hertsdirect.org)

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Working in partnership together



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