

Are you aged 65+?
Would you like to protect your mind, so you can stay sharp?

Active Lives



Doing gentle physical activity around the home can help you:



- Keep your brain healthy so you can remember things, learn new things, concentrate, and stay mentally sharp
- Keep your muscles strong so you can stay independent in the things you love doing, living life your way
- Reduce aches, pain, and tiredness, plus fatigue if you get COVID-19

Active Lives is a free, easy to use website designed to help people aged 65+ stay active, fit and healthy. It's a great way of looking after yourself during COVID-19.

How do I sign up?

Go to <https://activelivesonline.co.uk/>

How do I find out more?

- Further project information available on the Wessex AHSN Healthy Ageing website:

<https://wessexahsn.org.uk/programmes/35/healthy-ageing>

