

Why do we need a programme like fit as a fiddle?

- Because by 2020 over half the adults in the UK will be over 50
- Because inactivity increases with age
- Because we want to encourage older people to take more physical activity and eat the right kinds of food.

Physical activity

“By participating in the activities on offer it has helped me tremendously with my co-ordination skills and balance.”

We know that there are many health and lifestyle benefits of physical activity for older people. People with an active lifestyle feel healthier and have an improved sense of wellbeing.

Besides feeling better, physical activity reduces the risk of heart disease, stroke, diabetes and high blood pressure. Regular physical activity can also help older people to prolong their independence and improve their quality of life.

Fit as a fiddle will help older people to access safe physical activity sessions, designed to meet their needs.

Emotional and Mental Well-being

“My confidence was so low. The walking group that I attend has made a big difference to my life and how well I feel again.”

One in four people aged 65 and over have symptoms of depression, much of which could be prevented. Fit as a fiddle is developing community based initiative to reduce isolation and enhance social support for older people who have, or who are at risk of, developing mental health problems.

Healthy Eating

Many factors affect nutrition in older age. Eating too much or too little, eating alone, difficulties with shopping or cooking, taking medications, suffering from long-term conditions, financial difficulties and needing assistance with care are just a few examples of what can affect older people's eating habits.

How do you become part of fit as a fiddle?

- A referral from your GP/Practice nurse/Health professional
- A referral from other organizations e.g. housing
- A referral from friends or family
- Self-referral—contact ageUK Teesside direct

How will fit as a fiddle benefit you?

- By providing an holistic approach to your wealth and general well-being through a tailored programme of activities to meet your need
- By providing access and support to various services to match your ever changing needs and lifestyle
- By providing a safe, caring and supportive community

Fit as a fiddle activities can include

- Carpet Bowls
- Nordic walking/walking groups
- Chair based exercises
- Social Opportunities



‘Fit as a Fiddle’

For further Information Please contact:

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Alternatively refer direct using our website
Web site: ageukteesside.org.uk



If you are over the age of 50 and would like to improve your health and fitness – then ‘Fit as a Fiddle’ could be the activities programme for you.