

LET'S GET ACTIVE!

READY

STEADY

GO!

Your Healthy Passport journey begins with a lifestyle check which will take approximately one hour. At your check you'll be given a free Sandwell Leisure Trust Pass worth £5. This will make it easier to enjoy more exercise as it provides discounts on activities at local leisure centres.

Then it's time to start filling in the activities you undertake. Step one lasts for 12 weeks. We want you to take part in at least one activity a week for 12 weeks. This can be something you've never done before or an activity you're already doing. Just let us know by ticking the 'New' or 'Existing' box. Don't forget to get your tutor to sign your passport. If you're using your Leisure Trust pass it's OK to leave this signature box empty - we'll have all the details we need as your pass will be swiped on entry.

Once the 12 weeks are up, you'll receive a second lifestyle check to see how your health and wellbeing is improving. At this check you'll be given a £10 gift voucher and a goodie bag as a reward for your achievements. Step two covers the next 12 weeks and is an opportunity for you to continue the progress you're making. Fill in the activities you do as before and once the 12 weeks are up, you'll receive a third lifestyle check and a £5 gift voucher.

STEP ONE

* = EXISTING = NEW (Tick the appropriate box)

** Please fill in all the other activities you have done on the enclosed sheet.

Week	Date	Venue	Activity	<input type="checkbox"/> or <input type="checkbox"/>	Duration (30-60 mins)	Tutor signature	Other activities**
1.				<input type="checkbox"/> or <input type="checkbox"/>			
2.				<input type="checkbox"/> or <input type="checkbox"/>			
3.				<input type="checkbox"/> or <input type="checkbox"/>			
4.				<input type="checkbox"/> or <input type="checkbox"/>			
5.				<input type="checkbox"/> or <input type="checkbox"/>			
6.				<input type="checkbox"/> or <input type="checkbox"/>			
7.				<input type="checkbox"/> or <input type="checkbox"/>			
8.				<input type="checkbox"/> or <input type="checkbox"/>			
9.				<input type="checkbox"/> or <input type="checkbox"/>			
10.				<input type="checkbox"/> or <input type="checkbox"/>			
11.				<input type="checkbox"/> or <input type="checkbox"/>			
12.	NOW CLAIM YOUR £10 GIFT VOUCHER!			<input type="checkbox"/> or <input type="checkbox"/>			

STEP TWO

Week	Date	Venue	Activity	<input type="checkbox"/> or <input type="checkbox"/>	Duration (30-60 mins)	Tutor signature	Other activities**
1.				<input type="checkbox"/> or <input type="checkbox"/>			
2.				<input type="checkbox"/> or <input type="checkbox"/>			
3.				<input type="checkbox"/> or <input type="checkbox"/>			
4.				<input type="checkbox"/> or <input type="checkbox"/>			
5.				<input type="checkbox"/> or <input type="checkbox"/>			
6.				<input type="checkbox"/> or <input type="checkbox"/>			
7.				<input type="checkbox"/> or <input type="checkbox"/>			
8.				<input type="checkbox"/> or <input type="checkbox"/>			
9.				<input type="checkbox"/> or <input type="checkbox"/>			
10.				<input type="checkbox"/> or <input type="checkbox"/>			
11.				<input type="checkbox"/> or <input type="checkbox"/>			
12.	NOW CLAIM YOUR £5 GIFT VOUCHER!			<input type="checkbox"/> or <input type="checkbox"/>			

OTHER ACTIVITIES You can, of course, do more than one activity a week. If you do, let us know by ticking the 'Other Activities' box above and recording what you've been doing on the enclosed sheet. Don't forget gardening, housework and walking the dog are all physical activities which help to keep you fit and healthy – they count too!

STARTING YOUR JOURNEY

The whole focus of this Healthy Passport is exercise, which not only improves your health and wellbeing - it's also a great way to have fun and meet new people.

There are lots of activities for older people. These include gentle exercise classes, dance, gardening/allotments, swimming, nature conservation activities (green gyms) and so on. You can also take part in multi-activity mornings, table tennis, 60+ gym sessions, badminton, indoor bowls and much more. Or how about an organised cycle ride or health walk?

The recommended level of exercise is 30 minutes five times a week. And it's never too late to start. People who take up exercise later in life can still achieve significant health benefits.

Our aim is to get you started by doing at least one activity a week for 12 weeks. This, combined with eating healthily, keeping hydrated and only drinking alcohol in moderation, will pay dividends and at your regular lifestyle checks we'll be able to show you the progress you're making. You'll also receive a gift voucher and goodie bag as a reward for your achievements.



What is a lifestyle check?

Lifestyle checks are conducted by qualified health and fitness assessors and are completely confidential. You will be asked about your medical history, current lifestyle and activity levels and will have your height and weight, blood pressure, resting heart rate, waist and hip ratio, body fat and lung efficiency tested. After 12 weeks you'll be re-assessed to see how you're getting on and again at the end of a further 12 weeks.

Your Tour Guides

The Agewell team is here to provide you with all the support you need to encourage you on your journey. If you have any questions at any time, give us a call on **0121 289 3098**.



Your healthy diary

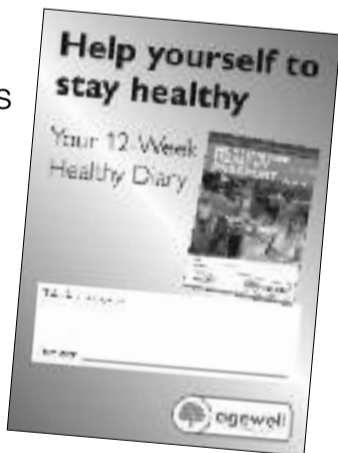
Leading a healthy lifestyle is not just about doing regular exercise. It also means eating healthily, making sure you stay hydrated and being sensible with the amount of alcohol you drink.

It's important that you try to eat five portions of fruit and vegetables every day. Fresh, frozen, tinned and dried fruit and veg, and even fruit juices, all count towards your total.

Our body also needs around two litres (3½ pints) of fluid a day to keep properly hydrated. You don't have to only drink plain water – tea, fruit juices, fizzy and still drinks all have a high water content. But some contain more calories and additives than others.

And if you do drink alcohol, be sensible with the amount. For women the maximum is 2-3 units of alcohol a day. For men the maximum is 3-4 units a day.

Included in your Healthy Passport pack is your Healthy Diary. Make sure you fill it in every day for 12 weeks to qualify for your £10 gift voucher and goodie bag.



GET FIT WITH YOUR HEALTHY PASSPORT

Aged 50+



NAME: _____
 START DATE: _____
 PASSPORT No: _____
 LEISURE PASS No: _____

