



Stay fit



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



You may be more than 55 years old.

Like

- 58
- 75.



You move your body.

Then



You feel strong.



It helps you feel well.

You feel good about your self.

You stay well.



What can you do?



You can move at home.



You can go to the gym.



You can move in the water.



You can move out side.



You choose how you like to move.



You can do it by your self.



You can do it in a group.



There are different groups.

You may make new friends.



You want ideas.

Talk to your local council.

And

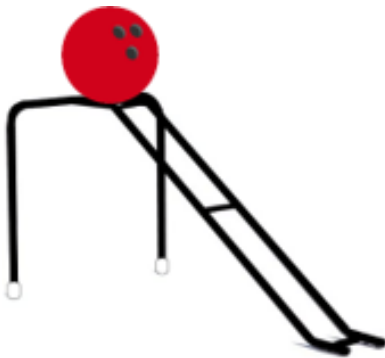


Talk to groups near you. Like

- at the church
- at sports clubs
- at a music group.



Talk to your health team. Like an OT.



They can help plan what you may need.

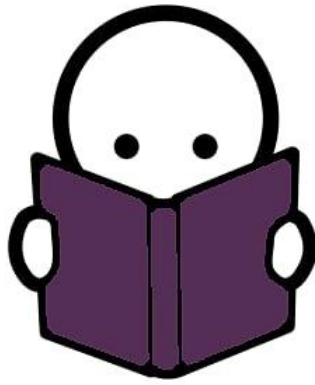
Like a ramp to go bowling.



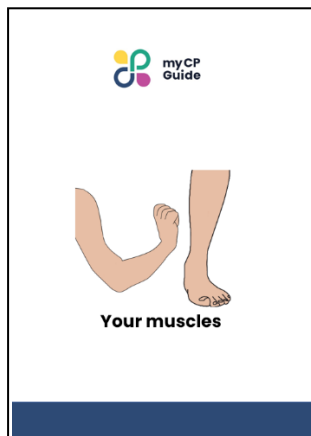
Each person is different.

Your physio can help you.

They know what is good for **your** body.

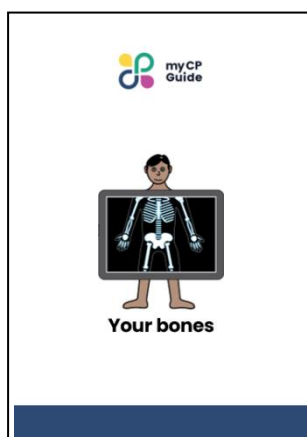


You want to know more



Read

Your muscles.



Read

Your bones.