What do you do to keep active?
Let’s get moving!

Did you know that keeping physically active and taking part in regular exercise is the single most important thing that you can do to keep yourself healthy?

Thirty minutes of moderate exercise 5 days a week can improve your confidence, cognitive function, joint and back pain and help to reduce the risk of falls in people with mobility problems. It can increase your bone and muscle strength, help you sleep better and increase your zest for life!

It can also help to prevent and improve symptoms of a wide range of health problems such as certain types of cancer, dementia, heart disease, high blood pressure and Type 2 diabetes.
What is the aim of the campaign?

The aim of Let’s Get Moving! is to raise awareness about the importance of physical activity and exercise and encourage people to build this into their daily lives especially if they aren’t currently physically active. It is never too late to start!

We want to:
- widely share the key messages around the benefits of moving more and sitting less
- promote existing opportunities for active ageing
- showcase some lively examples in partnership with local groups.

We also want to hear from people about what they do to keep active. We are planning some ‘Challenge’ events to inspire people to get moving. The first of these is the Coastline Challenge.

The Coastline Challenge

The coastline of Scotland is the setting for our challenge. You or your group can register with us, select your piece of coastline and then you can cover this distance in any way you can, be it walking, jogging dancing or cycling. If you’re not able to do a physical section of the coastline, then just tell us the miles you’ve covered and we’ll add it to the 6,160 mile target we’re trying to reach.

Registration is free, to get involved please contact our fundraising team by calling 0333 323 2400 or email fundraising@agescotland.org.uk
If you would like any more information about *Let’s get moving!* or would like us to showcase your group or tell us what you do to keep active then please contact Jenny Ackland or Yolanda Strachan on the details below.

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