



**Keep fit, strong  
and healthy!**

**We lose muscle as we age which is one of the reasons why staying active is vital for your health.**

Exercising several times a week can help you stay fit, make new friends, and have fun.

Keeping up muscle strength can reduce the risk of falls.

If you are worried about your balance or have had a fall, Otago classes could be for you. Otago can help you feel stronger, improve your balance and help you become more mobile.

To find an exercise class near you go to:



[www.activesurrey.com/agewell](http://www.activesurrey.com/agewell)

simply click on your Borough on the interactive map.



[www.surreyinformationpoint.org.uk](http://www.surreyinformationpoint.org.uk)

click on the 'Things to do' icon for more information.

version 1.2, revised November 2019