

*Start today, for a better tomorrow!*



PEMBROKESHIRE  
LEISURE  
HAMDDEN SIR  
BENFRO



**ABOUT ACTIVE 4 LIFE** The over 60's active leisure scheme encourages physical activity and healthy lifestyle choices to reduce health inequalities and reduce social isolation for the over 60's age group.

## WHERE TO FIND ACTIVE 4 LIFE

Visit: [www.pembrokeshireleisure.co.uk/schemes/active-4-life/](http://www.pembrokeshireleisure.co.uk/schemes/active-4-life/)

## THE 4 AREAS OF ACTIVE 4 LIFE

**STRENGTH** Regular exercise can create 10 percent thicker bones, reducing the risk of developing osteoporosis.

**BALANCE** Around 1 in 3 adults over 65 will have at least one fall a year.

**CONFIDENCE** Exercise boosts serotonin, endorphins, and dopamine, in turn increasing confidence.

**SOCIALISATION** Socialising improves brain health, reducing the risk of developing dementia.



For more information email: [Active4Life@pembrokeshire.gov.uk](mailto:Active4Life@pembrokeshire.gov.uk)  
or visit your local Leisure Centre

[WWW.PEMBROKESHIRELEISURE.CO.UK](http://WWW.PEMBROKESHIRELEISURE.CO.UK)

