



OVER 45'S FOOTBALL

EVERYONE CAN BENEFIT FROM BECOMING MORE ACTIVE. BEING MORE ACTIVE IS IMPORTANT BECAUSE...

You will feel better about yourself - being more active reduces stress and depression. It makes it easier to relax and helps you to sleep better.

BEING MORE ACTIVE MEANS YOU WILL HAVE ENERGY TO

SPARE AND WILL COPE BETTER WITH THE DAILY ROUTINES.

You will know your health is improving - being more active can protect you against major health problems such as high blood pressure, obesity and heart disease.

You look better - being more active controls weight and makes you more agile.

Imagine it, don't say you haven't got time, all it takes is sixty minutes a day. There are still 23 hours left.

Make a difference to you and your health.

SESSION DETAILS

Ages: 45+

Wednesday's
8:00pm - 9:00pm

Venue: Boston High School

Cost: £2.50

WHAT TO BRING?

Outdoor and indoor footwear and clothing dependant on time of year, shin pads, drink.

TO BOOK PLEASE CALL 01205 364406

or check www.communitypilgrims.co.uk over45@bufc.co.uk

The Jakemans Stadium, York Street, Boston, Lincs, PE21 6JN



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