

# S.A.I.L

## Stay Active & Independent for Longer

Information and activities booklet for adults aged 50+



**Why not make lifestyle changes that can  
have a positive effect on your health  
and wellbeing now and in later life...**



# Did you know

## that having good health is like saving coins in a jar?

The more we put in, the more we can get out. And the longer we save for - or build up our health reserves - the better the rewards later.

### Why is this important?

As we get older, it's obvious that we're not going to be as fit and strong as we once were. We're going to slow down a bit, and it might take us longer to get better when we're ill, or if we're recovering from an operation or injury.

But sometimes, something else can happen that makes getting older a lot tougher. This is more than simply getting older; it's a state of health where our body systems gradually lose their inbuilt reserves.

This leaves us more vulnerable to sudden changes in health, triggered by what, in younger years, would have been small events, such as minor infections or changes in our environment or medication. This leaves us at increased risk of poorer health in the longer term and makes recovery more challenging. Medical professionals call this frailty.

It can be a big problem.

It's estimated that around one in ten people aged 65 and over have frailty, and as many as one in five over 85 year olds - that's over 17,000 people in Derbyshire. Some studies have shown that, in general, women may be at a slightly greater risk of frailty than men. As our population ages, the number of people with frailty is set to rise by as much as 50% within the next 10-20 years.

But none of this is inevitable.

Because it builds up over time, frailty can be delayed or even avoided altogether. By making small changes now... we can make a big difference later. And we'll be building up our reserves for when we need them.



# Making Healthy Choices a Habit

## Are your daily habits keeping you well?

Most of us would agree, if we really thought about what we could do to make sure our bodies and minds are as healthy as possible, we would:

- Eat a balanced and healthy diet
- Exercise our minds, as well as our bodies
- Avoid smoking, drinking alcohol or taking harmful drugs
- Find ways to be with others, as socialising is good for us



### Why does this matter?

A healthy lifestyle helps you to look and feel great; it also reduces your chances of becoming ill. Research suggests that by making healthy choices now, we can help delay or even prevent frailty later in life. The good news is that it's never too late to start. Even those of us already living with frailty can benefit. Acting now can help us to take back and maintain our independence as well as preventing illness and injury.



01

#### Be active

Exercising can strengthen our muscles and bones as well as improving our balance – building our reserves for when we need them.

02



#### Stop smoking

Stopping smoking is one of the best things we can do for our health, whatever our age. Research tells us that by stopping smoking we can also help prevent, or even reverse the symptoms of frailty too.

03



#### Cut back the drink

The odds of developing frailty are greater for those of us drinking alcohol above the recommended limits, compared to those drinking within.

04



#### Eat well

Combining exercise with a healthy diet is much more effective at preventing or reversing frailty than exercise alone. Getting the right amount of nutrients from our diet is key to staying strong.



# Stay Active and Independent for Longer



The new Stay Active and Independent for Longer (S.A.I.L) project is a physical activity initiative aimed at providing adults living within South Derbyshire the opportunity to become more physically active, improve mental wellbeing, remain independent for longer, meet new people and explore new groups.

As we get older, it is important to stay active and lead a healthy lifestyle. The Chief Medical Officer recommends that older adults should be doing 150 minutes of moderate intensity exercise each week, be active on a daily basis, and should do activity which improves muscle strength on at least 2 days per week.

## Taking part in physical activity can:

- Maintain independence
- Reduce the risk of falling
- Delay the onset of dementia
- Increase mobility and flexibility
- Improve mood and increase self-esteem
- Help you to meet new people and stay sociable

## So, what can I do to stay active and lead a healthy lifestyle?







## **South Derbyshire has so much to offer its residents with a wide range of activities, community groups and sports clubs within the region.**

Below and on the next two pages are just some of the activities and sessions you could attend, try for the first time, or pick up an old hobby.

### **Back to Netball**

It's a fun and friendly re-introduction to netball. Back to Netball is for women of all ages and levels of experience – whether you haven't played since your school days, want to improve your fitness in a relaxed and enjoyable environment, or are just looking for a great place to meet new friends and stay active, Back to Netball is the place for you!

For further information contact:  
Mark Wozniak, SAIL coordinator  
Tel: 07966 490813  
Email: [mark.wozniak@southderbyshire.gov.uk](mailto:mark.wozniak@southderbyshire.gov.uk)

### **Cardio Tennis**

Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to people of all ages and abilities.

Supported by music and qualified instructors, you will get to hit lots of tennis balls during your class and have a great cardio workout at the same time.

For further information contact:  
Netherseale Lawn Tennis Club,  
Duncan Coates Tel: 07858 959094  
Email: [duncantenniscoach@gmail.com](mailto:duncantenniscoach@gmail.com)

### **Football**

Just turn up and play, these are football sessions for of all levels of experience – whether you haven't played since your school days, want to improve your fitness in a relaxed and enjoyable environment, or are just looking for a great place to meet new friends and stay active.

For further information contact:  
Mark Wozniak, SAIL coordinator  
Tel: 07966 490813  
Email: [mark.wozniak@southderbyshire.gov.uk](mailto:mark.wozniak@southderbyshire.gov.uk)

### **Archery for Beginners**

New to archery and want to get involved? Mercia Archers run regular beginners training courses staffed by friendly qualified coaches and experienced archers. They cater for all ages and abilities. All equipment provided.

For further information contact:  
Derek Jameson Tel: 01283 536670  
Email: [jamesonderek17@gmail.com](mailto:jamesonderek17@gmail.com)

### **Walking Groups**

Multiple locations

Whether you are a motivated walker, or need a little extra encouragement, they have something to suit everyone, including health walks, Nordic walking, and themed walks.

For further information contact:  
Tor Adams, Get Active in the Forest Officer  
Tel: 07977 439309  
Email: [tor.adams@southderbyshire.gov.uk](mailto:tor.adams@southderbyshire.gov.uk)

### **Tai Chi**

Slow, graceful, continuous movements that are gentle on the joints and muscles. Done correctly, you will find that the tai chi poses flow smoothly from one into another. Many movements are completed with bent knees in a squat-like position. Various locations across South Derbyshire.

For further information contact:  
Mark Wozniak, SAIL coordinator  
Tel: 07966 490813  
Email: [mark.wozniak@southderbyshire.gov.uk](mailto:mark.wozniak@southderbyshire.gov.uk)



## **Chair Based Exercises and Otago**

Online and various locations across South Derbyshire.

For further information contact:  
Mark Wozniak, SAIL coordinator  
Tel: 07966490813  
Email: [mark.wozniak@southderbyshire.gov.uk](mailto:mark.wozniak@southderbyshire.gov.uk)

## **Adults Bowls Group**

Free bowls sessions for over 50s. Sessions are held at Maurice Lea Memorial Park in Swadlincote. Borrow kit for free or bring your own bowls if you prefer.

For further information contact:  
The Parklife Officer  
Tel: 01283 228766  
Email: [culturalservices@southderbyshire.gov.uk](mailto:culturalservices@southderbyshire.gov.uk)

## **Overseal Running Club**

Founded in 2015, Overseal Running Club is a friendly, community spirited running group based in the heart of the National Forest that caters for all levels and abilities.

For further information about the club and the different sessions contact: [info@orc.run](mailto:info@orc.run)

## **Swadlincote Family Golf Centre**

Their golf centre is a friendly environment open to everyone from regular golfers to complete first-timers.

For further information please contact the centre:  
Tel: 01283 229839  
Email: [swadlincote@n1golf.com](mailto:swadlincote@n1golf.com)

## **Adults Tennis Group**

Free tennis sessions for over 50s. Sessions are held at Maurice Lea Memorial Park in Swadlincote. Borrow kit for free or bring your own if you prefer. New members always welcome.

For further information contact:  
The Parklife Officer  
Tel: 01283 228766  
Email: [culturalservices@southderbyshire.gov.uk](mailto:culturalservices@southderbyshire.gov.uk)

## **Tennis Xpress**

A fun and social group coaching course which helps adult beginners to get into tennis.

For further information contact:  
Netherseale Lawn Tennis Club,  
Duncan Coates Tel: 07858 959094  
Email: [duncantenniscoach@gmail.com](mailto:duncantenniscoach@gmail.com)

## **Walking Football**

It is the game you love and remember but played in a new way. When playing Walking Football, all the skills you have learned will come flooding back.

For further information contact:  
Mark Wozniak, SAIL coordinator  
Tel: 07966 490813  
Email: [mark.wozniak@southderbyshire.gov.uk](mailto:mark.wozniak@southderbyshire.gov.uk)

## **Clubercise**

It is time to dance like you have never danced before! Glow sticks, your favourite tunes, disco lights and a group of mates what more could you ask for in the name of exercise?!

Tel: 07984 017522  
Email: [getfit@24fitderby.co.uk](mailto:getfit@24fitderby.co.uk)





## **Boot Camp**

Held at Maurice Lea Memorial Park in Swadlincote. Suitable for any fitness level so there's no excuse not to be involved.

Tel: 07375 818589

Email: [carol@cazannfitness.co.uk](mailto:carol@cazannfitness.co.uk)

## **Zumba**

The fast paced, fun dance class which has everyone up on their feet. Zumba is inspired by Latin rhythms to bring a fun-filled fusion of dance, cardio and muscle conditioning.

Tel: 07984 017522

Email: [getfit@24fitderby.co.uk](mailto:getfit@24fitderby.co.uk),

## **Outdoor Fitness Bootcamp**

Eureka Park, Swadlincote

Aimed at all abilities and fitness levels with a mix of bodyweight and small equipment exercises.

Book online now at [www.primalinstinctuk.com](http://www.primalinstinctuk.com)

Tel: 07879 770544

Email: [mapfitness@outlook.com](mailto:mapfitness@outlook.com)

## **Swad Joggers**

Fun, free local jogging group based in Swadlincote. Meets at Maurice Lea Memorial Park, Common Road, Church Gresley, Swadlincote, DE11 9NW. No experience necessary!

Beginners and intermediate sessions run weekly along with a walking group.

Email: [kbctracy@hotmail.co.uk](mailto:kbctracy@hotmail.co.uk)

## **Pilates**

Improve balance, strength and posture, and nurture mind, body and soul with this awesome class, 'based on Joseph Pilates' original class, but more relaxed and less intense'.

Tel: 07984 017522

Email: [getfit@24fitderby.co.uk](mailto:getfit@24fitderby.co.uk)

## **Yoga**

Friendly, relaxed atmosphere, ideal if you are looking for a way of improving and keeping strength and flexibility both physically and mentally. Various locations across South Derbyshire.

For further information contact:

Mark Wozniak, SAIL coordinator

Tel: 07966 490813

Email: [mark.wozniak@southderbyshire.gov.uk](mailto:mark.wozniak@southderbyshire.gov.uk)

Whatever your starting point or current activity levels the S.A.I.L project has plenty of ideas and advice to help you get started. Contact the S.A.I.L team for further details via email [mark.wozniak@southderbyshire.gov.uk](mailto:mark.wozniak@southderbyshire.gov.uk) or by telephone 07966 490813

All information listed is correct at the time of printing and subject to change without notice.

The quality of sessions cannot be guaranteed. It is strongly advised that you check that:

- Coaches and volunteers are appropriately qualified in their sports/activities.
- Adequate insurance cover is in place.

# Getting Active at Home

To help you stay active and steady at home, try doing the 'super six' three times a week. All you need to wear is clothes that you can easily move in, and flat, comfortable shoes.



## SIT TO STAND

Sit up tall near the front of your chair.

Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly - using your hands on the chair if needed.

Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair - using your hands if needed. Repeat up to 10 times.



## HEEL RAISES

Stand tall with your feet hip-width apart.

Hold your support. Slowly lift to your heels, keeping the weight over your big toes. Try not to lock your knees.

Aim to lift for a slow count of 5 and lower for a slow count of 5 each time. Repeat up to 30 times.



## TOE RAISES

Stand tall with your feet hip-width apart.

Hold your support. Slowly lift the front of your foot keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly.

Aim to lift for a slow count of 3 and lower for a slow count of 5 each time. Repeat up to 10 times.





### HEEL TOE STAND

Stand tall, hands off your support if you feel stable.

Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds - taking your hand off if possible.

Take the feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.



### HEEL TOE WALKING

Stand tall, side-on to your support.

Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action.

Only hold on if you need to. Take your feet back to hip width apart before turning slowly towards your support. Repeat the steps in the other direction.



### ONE LEG STAND

Stand close to your support and hold on.

Balance on one leg keeping your leg straight but your knee soft.

Stand tall. Hold for 10 seconds. Repeat with the other leg.



- **MAKE SURE THE CHAIR YOU USE IS STURDY**
- **WEAR SUPPORTIVE SHOES**
- **IF YOU EXPERIENCE CHEST PAIN, DIZZINESS OR SEVERE SHORTNESS OF BREATH STOP AND CALL YOUR GP OR CALL 111**
- **A SLIGHT SORENESS THE DAY AFTER IS QUITE NORMAL**

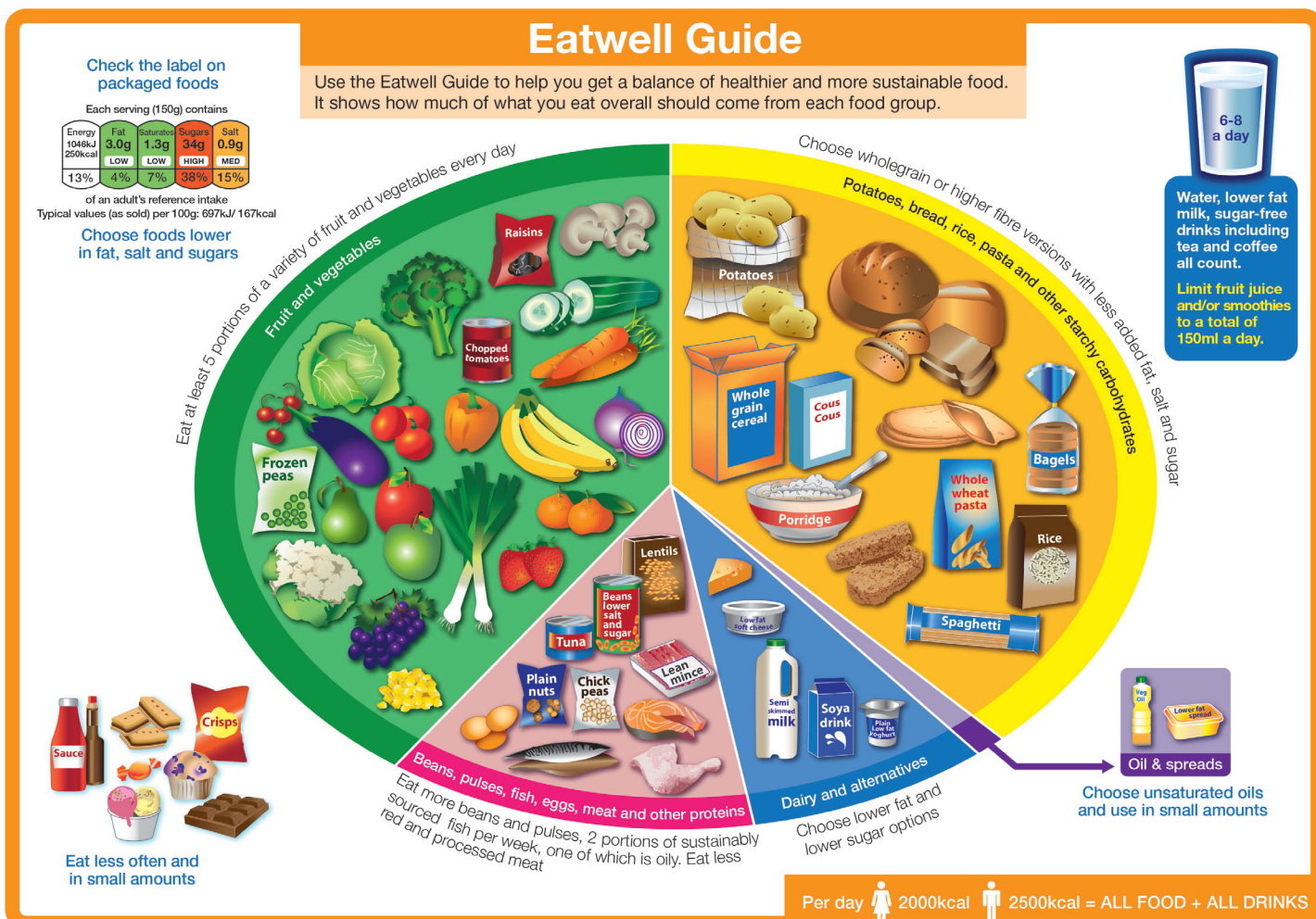


# Good Nutrition and Hydration in Older Age

Do we need to eat less as we get older?

What do we need to eat to keep our bodies functioning well?

People often think that as they get older, they don't need to eat as much because they're not as active. In fact, eating well is important at any age and older adults are recommended to eat the same as a younger adult.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## Public Health England recommends we should:

- Base meals on potatoes, bread, rice, pasta, or other starchy carbohydrates: choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soya drinks): choosing lower fat and lower sugar options
- Eat at least five portions of a variety of fruit and vegetables every day
- Eat some beans, pulses, fish, eggs, meat and other proteins (including two portions of fish every week: one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Reduce fat, salt and sugar – if consuming foods and drinks high in fat, salt and sugar have these less often and in small amounts

## Good Hydration

As you get older you can be more vulnerable to dehydration due to physiological changes in the ageing process. This can be complicated by many long term conditions, as well as mental and physical frailty, which can further increase risk of dehydration.

### Tips to prevent dehydration

There are a variety of potential ways to help reduce the risk of dehydration.

Strategies may include:

- Aim for six to eight glasses of fluid each day (a minimum of 1.5 litres)
- Drink fluids you enjoy
- Have fluid available at all times to drink
- Have a variety of hot and cold fluids
- Include more soups, tinned fruit in juice, jelly, ice lollies and yogurts in your diet







South  
Derbyshire  
District Council



If you would like this document in another language, or if you require the services of an interpreter please contact us. This information is also available in large print, Braille or audio format upon request.

Phone: 01283 595795 E-mail: [customer.services@southderbyshire.gov.uk](mailto:customer.services@southderbyshire.gov.uk)

This document is also available on the council's website at [www.southderbyshire.gov.uk](http://www.southderbyshire.gov.uk)

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