



Hertfordshire

# It's Never Too Late to be Active



every  
where



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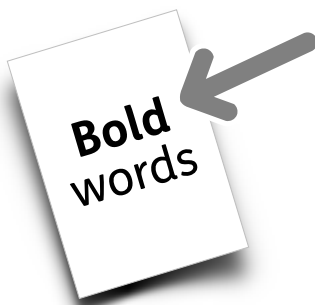
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In this Easy Read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are blue and underlined. These are links which will go to another website which has more information.

# Introduction



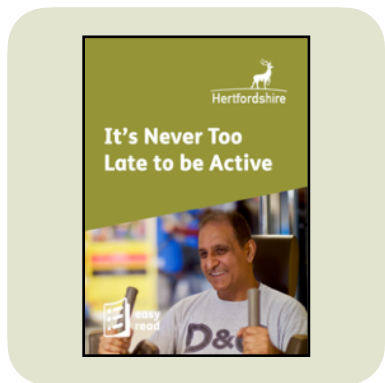
Hertfordshire County Council is running a **campaign** called 'It's Never Too Late to be Active'.

A **campaign** is an organised course of action to achieve a goal.



We want our campaign to help older adults be more **active**.

**Active** means moving around, like walking, swimming or exercise.



This information will tell you about some good reasons to be active and how you can do it.

# Good reasons to be active



1. It is fun and you can have a good time with friends.



2. It can help you to be healthy and fight diseases like heart disease and diabetes.



3. It can make you feel good, sleep better and be less stressed.



4. It keeps your muscles and bones strong and might stop you falling when you're older.



5. It gives you energy and you can keep doing the things you enjoy.

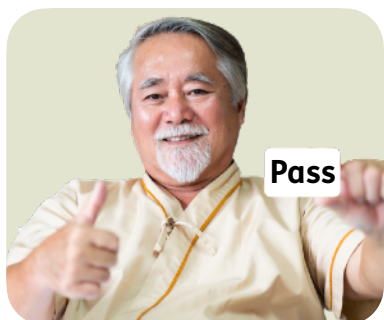
# Help with staying active



As you get older it can be hard to stay active.



Our campaign includes some ways to help you be more active.



You can sign up and you can get:

- A free 7 day pass to use at your local leisure centre.



- Help to find activities near you.



- A chance to win a £150 voucher.

# Ways to get active



There are lots of ways to get active:

1. Use your free activity pass at your local leisure centre.



2. Join a walking group near you.



3. Go to a park near you.



4. Do some exercise at home.



5. Join an active community group.

# For more information



You can look at our website here:  
[www.hertfordshire.gov.uk/nevertoolate](http://www.hertfordshire.gov.uk/nevertoolate)



If you need more information please  
contact us by phone on:

01992 555 627



or visit your local library.

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