Age & Opportunity

Incorporating **Age & Opportunity active**,
The National Sport and Physical Activity Programme
for Older People

FREE initiative for over 50s

FitLine

A friendly word to get you more active.

Free phone: **1800 303 545**

FitLine Volunteer Mentors make regular phone calls to people who would like to get more physically active.

> *"The mentors are so supportive and encouraging."*
> **Agnes – Ardee, Co. Louth**

> *"FitLine gave me the push I needed to stop making excuses to get up and get active."*
> **Anne – Cork City**

> *"I have been with FitLine for a few years and it gives me a great lift to get a phone call every couple of weeks. They have good advice. I live on my own and I love having someone from FitLine ring me regularly."*
> **Joe – Dublin**

> *"The last year has been difficult and lonely at times. Having that social connection FitLine provides, has been invaluable during this time, and the motivation and support are wonderful."*
> **Bridie – Dublin**

FREE
physical activity DVD when you sign up!

Why call FitLine?

Some find it easy to be physically active but for others it's not so simple. Perhaps you don't know what activity to do or you lose motivation. This is a difficult time for people worldwide as Covid-19 has forced us to change the way we live, but Age & Opportunity will continue to provide safe opportunities for people to be more active.

Our mentors are volunteer older people who understand the challenges of getting active. They'll give you information, advice and gentle encouragement to get moving.

How does FitLine work?

After you've made the first call, our mentors will arrange a time to ring you every two weeks until you're happy with your progress.

Is there a cost?

No. This is a completely free service for people over 50. It has already been a great help to lots of people who wanted to feel a bit healthier but just didn't have the confidence or information to go about it.

How do I find out more?

Free phone **1800 303 545** to learn more about FitLine or email **fitline@ageandopportunity.ie**

KEEP WELL