

PEAKS & PLAINS  
Housing Trust



# BeActive

## About BeActive

BeActive is a wellness and movement programme designed to help you take care of your health and wellbeing. In particular, it aims to improve mobility and independence for older adults. Started by Anchor Hanover, the programme is now available to Peaks & Plains customers over 55.

## This is your invitation to join BeActive for FREE!

BeActive offers a range of online resources from low impact exercises routines, podcasts and tips on how to keep your mind active. We believe looking after your health and wellbeing should be easy so we'll suggest small changes to your everyday life and existing routines. You'll get specially-designed exercises such as yoga and movement to music, and we're adding new ones all the time.

You can check out the podcasts, access the video channel and find more information about the BeActive programme at: [www.anchorhanover.org.uk](http://www.anchorhanover.org.uk)

## Designed for all – and for you

BeActive is for everyone, no matter their age, mobility, or access to online services. As well as online content, BeActive also offers detailed booklets. These include step-by-step chair-based and standing exercises and a 6-week timetable and diary to encourage you to invest more time in yourself. You will also get top tips, balanced diet recommendations, and ideas that will help you to relax – as well as invitations to join in with live exercise demonstrations via Zoom.

## Want to get involved?

Just email [getinvolved@peaksplains.org](mailto:getinvolved@peaksplains.org) with your name, address and telephone number.



We'll send you a pack of information in the post, including a booklet of low impact exercises and information on the different areas of fitness and wellbeing. We would love to send you a FREE BeActive T-shirt that you can wear for your BeActive workouts. So let us know what size you would like (S, M, L, XL are available).