



**LIVING WELL
FOR LONGER**
IN WORCESTERSHIRE

**People over 50 lose around 1% muscle mass
or more each year without regular exercise.
Improve your strength and balance
with resistance band exercises.**



FREE resistance band and exercise booklet for anyone over 50.
Pick one up from any Worcestershire Library.

worcestershire.gov.uk/rbt



worcestershire
county council



Stay active and well with simple exercises using resistance bands.



Without regular exercise people lose around 1% muscle mass year on year once they reach middle age.



Resistance bands are elastic bands that can be used to exercise all parts of the body. Resistance bands can help you in the following ways:

- ◇ increase your strength, maintain and build muscle
- ◇ improve your balance and mobility which reduces your risk of falling
- ◇ strengthens bones and reduces the risk of fractures
- ◇ improves self-esteem and confidence
- ◇ reduces your risk of developing dementia

All the exercises can be adapted to suit anyone. You can also track your progress online, so you know when you are succeeding.

If you are over 50, pick up your free resistance band and exercise guide from any Worcestershire library. They are available in two strengths, light strength (blue) and medium strength (orange).

