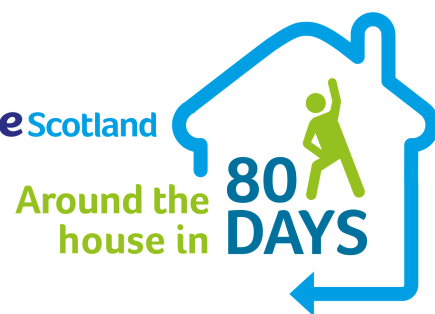


Let's move more and sit less!



Join our health & wellbeing team for online daily movements based on everyday activities around the home.

What is Around the House in 80 Days?

Around the House in 80 Days – ATH80 for short – is aimed at helping older people to increase their physical movement and build strength, balance and flexibility from the comfort of their own surroundings. We have developed a range of simple daily movement exercises with a fun twist which aim to turn everyday activities around the home into an opportunity to get moving – and smiling!



What does it involve?

The online movement sets, each lasting around 10 minutes, will be led by our health & wellbeing professionals and posted three times a day at 10am, 1pm and 4pm on the [Age Scotland YouTube channel](#) every weekday in November. Following on from this, in December and January we'll be launching our health & wellbeing phone-based friendship circles to support and encourage you to keep active.



How can you take part?

To find out how you, a friend or family member can take part visit www.age.scot/ATH80. You will need access to YouTube for the November videos and a telephone for the friendship circles in December and January. We will also have a limited amount of DVDs of the movements available in the new year for those without internet access.



To find out more visit www.age.scot/ATH80

To register for the friendship circles or to be added to the DVD waiting list call Age Scotland on 0333 32 32 400 (Monday to Friday 9am - 5pm)