

Activities

Look at the photos to get ideas for staying active and healthy.

We would like to thank the [Earthbeat Theatre Company](#) for the use of their photos.



5-a-side Football



Yoga



Table Tennis



Circuit Training



Boxing



Martial Arts



Dancing



Swimming



Stretching



Playing Pool



Step Aerobics



Sauna



Squash



Water Aerobics



Weight Lifting



Jogging



Fishing



Cycling



Gym



Walking



Tennis



Bowls



Badminton



Massage