



**MOVE IT
OR LOSE IT!®**

Move it or Lose it Impact Report 2026

**Helping older adults move more, feel
stronger and stay connected**

AT A GLANCE

This year, more class members and instructors than ever before shared what Move it or Lose it means to them. Their answers tell a powerful story of movement, confidence, independence and community.

70,000

older adults reached each week through community classes



MORE THAN

10.8 MILLION

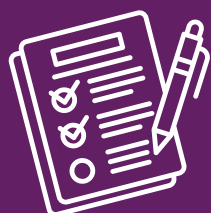
class attendances over 10 years of FABS



86%

class members perform like someone at least

10 YEARS YOUNGER



1,517

class members shared their experience



73%

of previously inactive members are now active **at least twice a week**

TURNING INACTIVITY INTO A LASTING HABIT



92%

of members who started with little or no confidence are now moderately or very confident being physically active.



85%

CLASS MEMBERS FEEL PART OF A COMMUNITY



67%

of class members live with one or more long-term health conditions

Contents

CEO's Message	03	Strength you can measure	11
Our social value	04	Building a community – more than just a class	13
A national challenge. A community solution.	05	Ten years of FABS	14
What our members tell us	07	Building careers, strengthening communities	15
Living with long-term health conditions	08	Looking ahead	20
Who we reach and why it matters	09	Closing message	22
Confidence, independence and activity	10		



Welcome from Julie



Sixteen years ago, Move it or Lose it began with a simple but powerful idea: that everyone, regardless of age or ability, should have the opportunity to move more, stay independent and live life to the full. That idea has carried us further than we ever imagined. Today, our classes support strength, balance, independence, confidence and connection — the very outcomes now being called for at national level.

The national conversation has caught up with what Move it or Lose it has known for years: healthy ageing is not achieved by telling people to exercise. It happens when movement feels accessible, enjoyable and sociable. It happens when people feel safe enough to start, supported

enough to continue and encouraged enough to believe they can do more than they thought.

This year, more class members than ever before told us what Move it or Lose it means to them. Their answers show something we see every week in classes across the country: when movement is enjoyable, inclusive and social, it can transform far more than someone's physical fitness. It can give people a reason to leave the house, rebuild confidence after illness or bereavement, make new friends and feel more positive about ageing.

This report is also an important milestone as we celebrate 10 years of FABS training. Over the past decade, FABS has helped create a national network of instructors who understand the needs of older adults and those living with long-term health conditions. Their skill, warmth and encouragement are at the heart of everything we do.

None of this would be possible without the people behind the movement. Thank you to our brilliant team, every instructor, every class member, every partner organisation and every supporter who shares our belief in the power of movement, music and community.

As we look ahead, we will continue to grow our reach, strengthen our instructor network and work with partners who share our ambition to transform the way we age.

Here's to another year of helping more people to move well, feel well and age well.

Founder & CEO
Move it or Lose it





Our social value

An independent HACT social value forecast estimates that Move it or Lose it generated £74.8 million of social value in 2025/26.

Using the UK Social Value Bank methodology, the forecast reflects the wider value created through increased physical activity, greater confidence and social connection, alongside training and opportunities created through our instructor network.



Our mission

To transform the way people experience ageing by making movement accessible, enjoyable and part of everyday life.

We support older adults and people with long-term health conditions to:

- **Move more**
- **Feel stronger**
- **Stay independent**

And remain connected to their communities through safe, adaptable and sociable exercise.

Our vision

A future where ageing well is not a privilege, but a possibility for everyone. Where people of all ages and abilities have the confidence, opportunity and support to keep moving, stay connected to their communities and live later life to the full.



It shows that the impact of helping people move more reaches far beyond the class itself — strengthening individuals, communities and the wider health and care system.



Move it or Lose it is a wonderful organisation and needs our full support. It's a health service and increasingly the NHS is recognising this.

Exercise is a miracle cure and helps every long term condition. To live longer better remember the name - Move it or Lose it - keep up the great work!

Professor Sir Muir Gray

Chief Knowledge Officer at Move it or Lose it



67% say being able to adapt exercises to their ability has helped them become more active



89% say encouragement from their instructor has helped them become more active



75% say the social side of class has helped them become more active

A national challenge. A community solution.



Across the UK, one of the defining public health challenges of our time is how to help people live not just longer lives, but healthier, stronger and more connected lives.

Too many older adults are spending later life with preventable ill health, reduced mobility, loneliness, frailty and a loss of confidence, while health and social care services face growing pressure. The need to shift from treatment to prevention has never been clearer.

In May 2026, the House of Commons Health and Social Care Committee published its report, Healthy Ageing: physical activity in an ageing society. Its message was clear: physical activity must be central to healthy ageing. The report called for older adults to be supported to move more, build strength and balance, stay independent and remain connected to their communities.

For Move it or Lose it, this was national recognition of what we have been delivering for more than 15 years.

Every week, through our network of trained instructors, we support older adults and people with long-term health conditions to move in ways that feel achievable, enjoyable

and meaningful. We help people take the first step towards being more active, whether they are returning after illness or bereavement, rebuilding confidence, or simply looking for a safe and welcoming place to move.

This is where real prevention happens: in church halls, community centres, leisure spaces, living rooms and online classes. Not through unrelatable fitness messages, but through trusted instructors, familiar faces and adaptable exercises that meet people where they are.



85%

class members feel part
OF A COMMUNITY

Our 2026 Class Member Survey shows the impact of this approach. 99% of members rated their classes 4 or 5 out of 5. 89% said encouragement from their instructor helped them become more active. 85% said they feel part of a community, and 82% said they have made new social connections through classes.



These figures show that Move it or Lose it is doing more than delivering exercise. We are creating the conditions that help people keep moving for life: confidence, connection, routine, enjoyment and trust.

The Committee called for public health messaging that uses real people, relatable role models and a focus on movement, strength and balance. That is exactly what our members and instructors represent. They are proof that ageing well does not have to look like a gym advert. It can look like getting out of a chair more easily, walking a little further, feeling steadier, making new friends and saying, "I couldn't imagine my life without it now."



It has made me realise that I can join an exercise class and it doesn't matter if I can't do what everyone is doing, that isn't important, just trying and doing the very best that I can.

Barbara, 81

The Committee also highlighted the need for a skilled workforce with the confidence to promote and deliver physical activity. Ten years after the launch of our flagship Training Programme FABS, we have built exactly that – a national network of instructors who understand the needs of older adults and are rooted in the communities they serve. Many are themselves in midlife and later life, making them powerful, relatable role models.

The challenge now is scale and recognition. If physical activity is to become a core part of healthy ageing, proven community providers must be treated as essential partners in prevention, not optional extras. Voluntary and community organisations need sustainable investment, proper commissioning and a seat at the table.

Move it or Lose it is ready to play that role. We have the evidence, the reach, the training model, the trusted instructors and the lived experience of thousands of older adults who show what happens when movement becomes accessible, enjoyable and social.



I always hated PE at school and felt uncomfortable when I tried a gym. The classes are fantastic and every class is fun. Now I feel much stronger and more confident.

Suzanne, 75

What our members tell us



This year we heard from 1,517 class members — our largest survey yet, and the foundation for this report.

Their answers tell a consistent story: Move it or Lose it is making people stronger, happier and more connected, often in ways that go far beyond the hour they spend in class each week.

1 Move more



84%

say Move it or Lose it helped them become more active

2 Feel stronger



72%

feel physically stronger

49%

now feel very confident being physically active

3 Feel better



74%

say their overall wellbeing has improved

4 Connect more



85%

feel part of a community

82%

have made new social connections

While we are cautious not to reduce people's stories to statistics, these figures show a clear pattern.

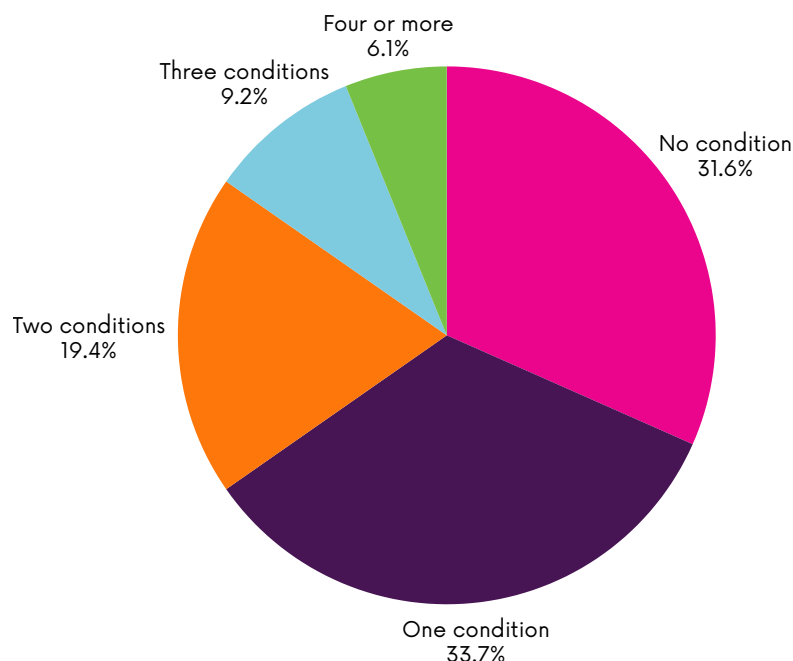
Move it or Lose it helps members build activity into their lives in a way that feels achievable, enjoyable and sustainable.

For many, the impact is physical. They feel stronger, steadier and more able to manage everyday tasks. For others, the biggest change is emotional or social: feeling more confident, less isolated and more positive about the future.

*It starts with movement.
But it rarely ends there.*



Conditions reported by members



Living with long-term health conditions

Move it or Lose it reaches people who are often living with multiple barriers to physical activity.

67% of class members live with one or more long-term health conditions

38% would be unlikely or very unlikely to be exercising at all without Move it or Lose it

84% agree Move it or Lose it has helped them become more physically active

Nationally, one in four people in England live with at least one long-term health condition, making them more likely to be inactive despite the clear benefits of movement for managing symptoms, improving mood and supporting independence.

Our community reflects, and arguably exceeds, that national picture. Two-thirds of our surveyed members are managing at least one condition, and almost one in six are managing three or more.

These conditions — from arthritis and diabetes to heart disease and osteoporosis — often require ongoing care and can contribute to higher use of NHS services. Every member who tells us Move it or Lose it helps them manage a condition, stay independent or avoid a fall represents a small but meaningful contribution to prevention.

This figure is based on self-reported survey responses and is likely to underestimate the true prevalence of long-term health conditions among our wider class membership.



I have never been sporty, and I know without attending this class I would be much more sedentary and would have continued to deteriorate. Now I can spend active times with my young grandchildren. I make regular attendance a priority for both my physical and emotional wellbeing.

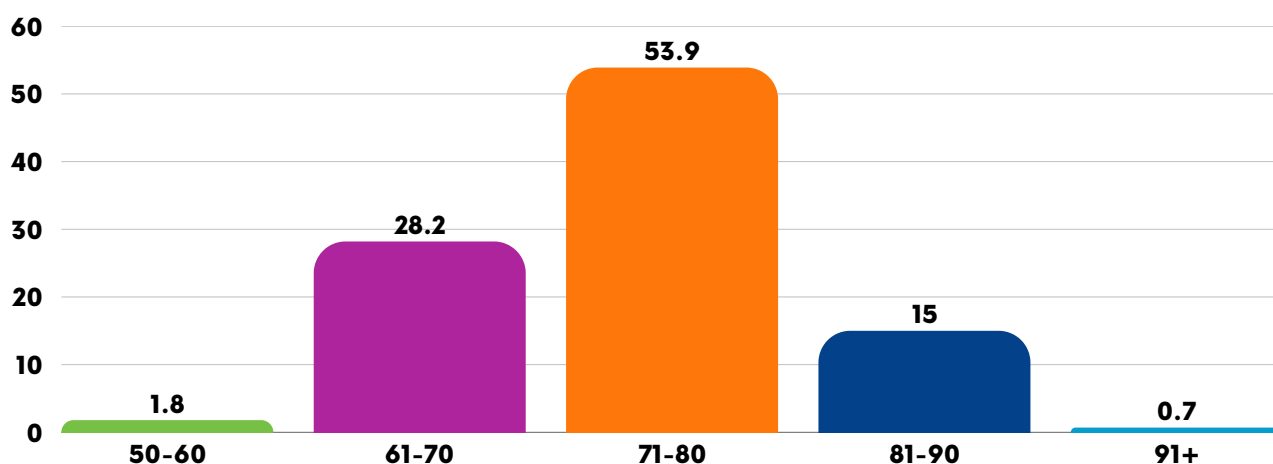
Anita, 73

Who we reach and why it matters



Move it or Lose it reaches people at the stage of life when strength, balance, mobility, confidence and social connection can make the greatest difference to independence.

Our class members are predominantly 60 plus with over half aged 71-80. These are the people often overlooked by mainstream fitness, yet they are among those who stand to benefit most from preventative, community-based activity.



A genuinely national reach

Responses came from more than 65 postcode areas, from towns in Scotland and Wales to cities across the Midlands, the North of England and the South Coast.

This national reach matters because the need for accessible, age-appropriate movement is not confined to one area. It exists in cities, towns, villages, coastal communities and rural locations. Move it or Lose it provides a model that can adapt to those different settings while staying rooted in the same principles: safety, enjoyment, adaptability and connection.



Confidence, independence and activity

One of the clearest shifts we see in the data is confidence. Before joining Move it or Lose it, only 11% of members described themselves as very confident being physically active, and 14% said they had no confidence at all.

Today, those numbers have changed dramatically: 49% now feel very confident, and the proportion with no confidence at all has fallen to virtually zero.

That shift matters. Confidence is often the difference between staying at home and stepping out, avoiding movement and trying something new, or feeling dependent and feeling more in control.

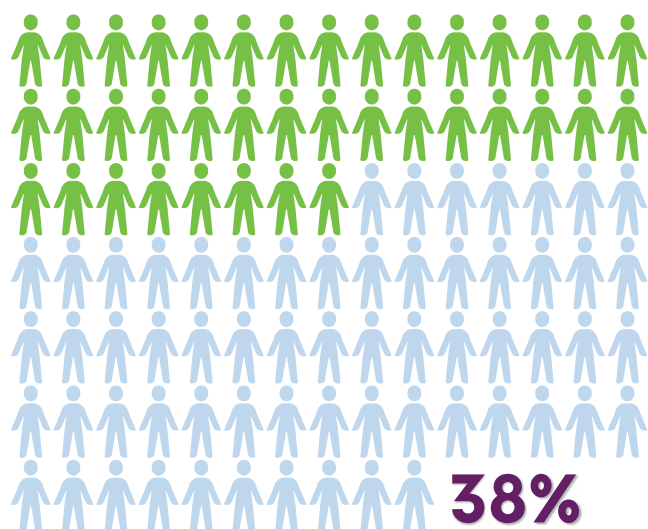
When we asked members how their confidence had improved, they told us:



The shift in activity

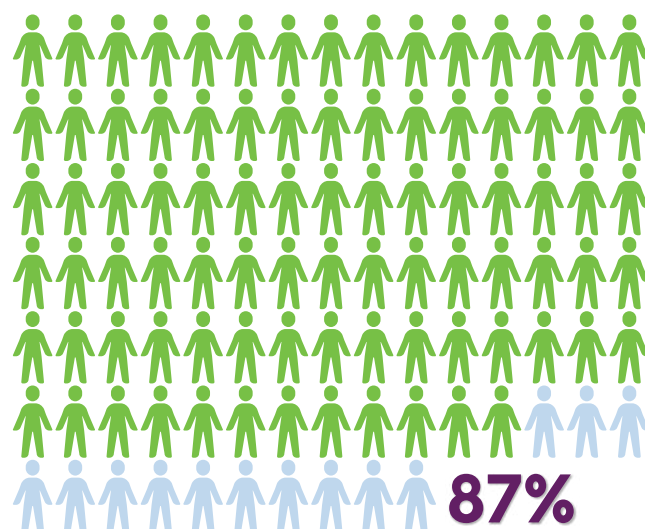
Before joining

Little or no regular activity



After joining

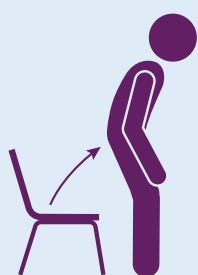
Active two or more times a week



More than twice as many class members are now regularly active.

Strength you can measure

Many members tell us they feel stronger, steadier and more confident since joining Move it or Lose it. This year, we wanted to look more closely at what that means in practical, everyday terms using a simple 30-second sit-to-stand challenge.



The 30-second sit-to-stand challenge

Measures how many times someone can rise from a chair and sit back down in 30 seconds. It reflects lower body strength, mobility and functional fitness - key to independence in everyday life.

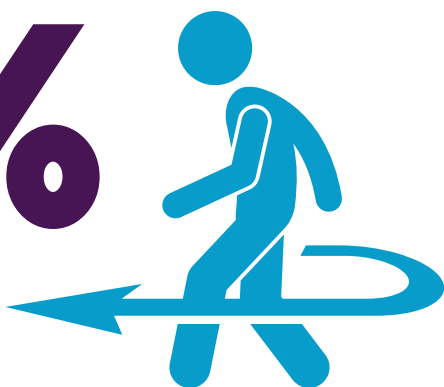


AT LEAST

86%

of women aged 70+ performed like someone

10 YEARS YOUNGER



55%

OF WOMEN AGED 70+ PERFORMED LIKE SOMEONE

15 YEARS YOUNGER OR MORE



The median measured age gap was 15 years, meaning this was not simply the result of a few unusually high scores.

Why this matters

Lower body strength helps with everyday activities we rely on.



Standing up from the sofa



Using the toilet



Getting in and out of a car



Climbing stairs



Walking confidently



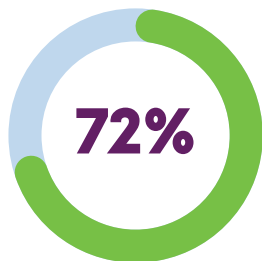
Recovering from a stumble

Across all members

Across 496 members with a valid age and gender-matched score:



scored within or above the national norm



of all members measured 10 or more years younger

These findings bring our member survey results to life. When members say they feel stronger, more independent and more confident, the sit-to-stand data shows that this is reflected in a key everyday movement.

It also strengthens the case for age-appropriate, community-based strength and balance work. Many older adults are unlikely to attend a gym or take part in traditional strength training, but they will come to a class where movement feels safe, sociable and achievable. Over time, regular participation can translate into real functional benefit.

The sit-to-stand challenge is a simple test, but the message is powerful: our members are not just moving more. Many are performing better than expected for their age in a movement that directly supports independence.



These results are extremely encouraging. The sit-to-stand test is a valuable measure of lower-body strength and functional ability, both of which are closely linked to maintaining mobility, independence and quality of life as we age.

To see so many Move it or Lose it class members achieving scores comparable with people at least ten years younger is a powerful indication of the difference regular, targeted exercise can make. It shows that while growing older is inevitable, the rate at which we lose physical function is not.

Professor Janet Lord CBE

Building a community – more than just a class



At Move it or Lose it, community is at the heart of everything we do. Our classes are more than exercise sessions. For many members, they are a social lifeline: the lift to class, the friendly face at the door, the chat over a cuppa afterwards and the WhatsApp group that keeps everyone in touch between sessions.

85%

feel part of a community through Move it or Lose it



82%

have made new social connections through classes



78%

say the social side of class is very or moderately important to them



These figures matter because loneliness and isolation can have a profound effect on health, confidence and quality of life. For members who have experienced bereavement, retirement, illness, caring responsibilities or a loss of confidence, class can become an anchor in the week.

The physical benefits may bring people through the door, but the social connection often keeps them coming back.



Gives me a reason to go out and meet people and exercise

Geoffrey, 78



I was lost after the death of my husband. My new friends have given me my life back

Vivien, 77



Ten years of FABS:

A lasting legacy of movement, confidence and community

This year marks 10 years since the launch of the FABS Training Programme. Built around the four key components of healthy ageing - flexibility, aerobic fitness, balance and strength - FABS was created to help instructors deliver safe, effective and enjoyable exercise for older adults.

Over the past decade, FABS has grown from a training programme into a national movement. Since its launch, over 1,700 people have trained with Move it or Lose it, taking classes into village halls, community centres, leisure venues, care settings and local groups across the UK.

Today, Move it or Lose it reaches around 70,000 older adults each week through community classes alone, with many more using our Online Club, DVDs, books, YouTube videos and digital resources to keep moving at home.

Behind these figures are thousands of individual stories: people rebuilding confidence after illness, surgery or bereavement; finding a safe place to exercise for the first time in years; and coming for movement but staying for friendship. For many, a Move it or Lose it class becomes part of the rhythm of life - a place where they feel stronger, steadier, more active and more connected.

Ten years on, the need for FABS is greater than ever. People are living longer, often with multiple long-term health conditions and uncertainty about how to exercise safely. Mainstream fitness settings still do not feel right for many older adults. FABS helps bridge that gap by creating opportunities that are safe, sociable, adaptable and rooted in the realities of later life.



FABS trained instructors have delivered an estimated 720,000 classes over the past decade. That represents around 10.8 million class attendances, that's 10.8 million opportunities for older adults to move, connect and be supported.

A single training programme has helped create thousands of classes, countless friendships and a national community of people moving more, feeling better and staying connected.



Building careers, strengthening communities

The legacy of FABS can also be seen in the instructors who have turned their training into long-term, rewarding careers.

Many of our earliest instructors are still teaching 10 years later. Some came from fitness, health, education or caring backgrounds, while others were looking for a new direction, a flexible second career or meaningful work that could fit around family life, caring responsibilities or semi-retirement.

With continued training and support, they have developed their skills, expanded their classes and become trusted local figures. What may begin as a single weekly session can grow into a thriving network of classes and a community that people depend upon.

Their stories show that the impact of training does not end when the course is complete. It continues through every class taught, every person encouraged and every community strengthened.

A decade later, these instructors represent the lasting value of FABS: creating purposeful, sustainable careers while helping older adults remain active, independent and connected.

Instructor stories

The following stories represent just a small number of the instructors who have built long-term careers through FABS. Their journeys show the lasting impact trained instructors can have - not only through the classes they deliver, but through the confidence, friendships and community connections they help create year after year.



Sian - Sutton Coldfield

A second career with lasting community impact

When Sian retired from the Civil Service at 60, she quickly realised retirement was not for her. After seeing a poster advertising Move it or Lose it instructor training, she decided to take a chance. More than a decade later, she describes it as one of the best decisions she has ever made. Over the span of her career, she's empowered over 8,500 older people in her local community.

Her work has also extended into NHS settings, including classes in doctors' surgeries for people living with COPD and frailty.

For Sian, the impact has always been both physical and social. She has seen class members improve their health, build confidence and form lifelong friendships. One participant, grieving after the death of her husband, found friendship through class and went on to join social groups, take day trips and go on holidays.

At almost 73, Sian has no plans to stop.



I am 73 soon and I have no intention of giving up my dream job for a long time to come

Laura - Macclesfield

Laura trained with Move it or Lose it after moving away from her career in television. She wanted work that would give her real job satisfaction, allow her to help older people and still fit around family life. FABS gave her the flexibility to work around school drop-offs, pick-ups and, later, the additional needs of her children.

She has built a business that gives her independence, purpose and room to grow at a pace that works for her family. Laura has expanded her skills through ongoing Move it or Lose it training which has enabled her to work with her local Parkinson's group.



For Laura, the joy of teaching is what has kept her going. She describes the smiles, stories and sense of wellbeing after class as making all the preparation worthwhile.

Laura describes Move it or Lose it as her Ikigai, a Japanese concept meaning "a reason for living".



It's my Ikigai...literally a reason for living. It's the intersection of what you love, what the world needs, what you can be paid for and what you're good at. Because it fulfils all those roles, I feel I've found the perfect job for me.

Yvonne - Birmingham

Yvonne was 40 when she began looking for an alternative part-time career. She had always valued exercise and healthy living, and after hearing Professor Janet Lord speak about healthy ageing and learning more about Move it or Lose it she felt she had found the right path.

Yvonne's impact is seen in the everyday changes that help people stay independent. She has supported clients recovering from hip and knee operations, with consultants praising their mobility before and after surgery. She has seen participants improve their confidence, balance, mood and ability to manage daily tasks, from putting on shoes and socks to feeling steadier on their feet.

But for Yvonne, the value of class is not only measured in physical progress. Many of her clients are widowed or living alone, and class gives them routine, friendship and a place to belong. Yvonne makes a point of getting to know each person, asking how they are and noticing when someone is missing. That quiet, consistent care is part of what makes Move it or Lose it classes so powerful. Instructors do not simply deliver a session. They create spaces where people feel seen and valued.



I always make an effort to get to know my clients. If I haven't heard from them for a couple of weeks, I send a message to say we've missed them and ask if everything is okay





Joanne - Edinburgh

Joanne originally hoped to take singing into care homes but wanted a qualification that would give her the confidence to do so safely and effectively. While looking for a way to combine seated exercise with singing, she discovered Move it or Lose it.

After completing her FABS training, Joanne found that she loved the movement element and went on to build successful community classes and contribute regular online sessions to the Move it or Lose it Club, helping older adults stay active both in person and at home.

As a Master Trainer, Joanne has trained more than 400 people, supporting new instructors as they develop their knowledge, confidence and teaching skills. She has also become a Mentor for instructors and has trained more than 200 Royal Voluntary Service volunteers to deliver chair-based exercise.

Joanne describes training new instructors as deeply rewarding. Watching nervous learners grow in confidence and go on to establish successful classes and businesses has become an important part of her own Move it or Lose it journey.



If you want a job that doesn't feel like work, that you can keep doing as you get older, and that makes a real difference to people's lives, what are you waiting for?

Cat - Lichfield

Cat originally trained with Move it or Lose it as a part-time supplement to another job. Ten years later, it has become the most rewarding work she has ever done.

Cat had no previous experience as a fitness instructor before training with Move it or Lose it. What she discovered was a role that combined her love of people with the chance to help older adults feel stronger, healthier and more confident. She describes it as finding her calling.

Her classes have supported people through bereavement, surgery, long-term health conditions and low confidence. One participant returned to class six weeks after knee replacement surgery, with her consultant praising both her and Move it or Lose it for helping her prepare for and recover from the operation. Another, referred from a cardiac clinic, improved her strength and balance, lost weight, gained energy and became more confident over two years of regular attendance.

For Cat, music is part of the magic.



I love the power that music has to lift people's spirits — I basically get to dance around a room with lovely people all day long.





Dawn - Essex

Dawn became a Master Trainer after completing her FABS training ten years ago, building on a lifelong career in community wellbeing and fitness and her role within an Active Partnership. Previously, much of her work had focused on children and young people but inspired by her parents' and grandparents' love of sport and activity, she wanted to understand how to help older adults live not just longer, but healthier lives.

The FABS approach immediately felt like home. With an evidence base and functional movement at its core, it gave her a way to champion positive attitudes to movement across the whole life course.

Since then, she has trained and qualified more than 400 instructors, supported many more through Move it or Lose it's CPD offer and delivered numerous bespoke programmes for care providers, helping ensure delivery reaches those who are often overlooked.



What I value most is seeing learners achieve something that will go on to change lives in their communities. It's a privilege to represent and to have grown with an organisation with such high standards and national reach.

Why instructors come to Move it or Lose it

Instructors were asked to select all the reasons that applied when they decided to train. Their answers tell a revealing story about motivation, purpose and later-life work.



62% wanted to give back to their community



62% wanted to stay active and have purpose



52% wanted to start a new career or business



51% wanted to earn income



48% were motivated by their own health and wellbeing



42% wanted to transition out of a previous career

These motivations show that FABS training creates much more than a route into teaching exercise. It enables people to turn their experience, skills and desire to help others into purposeful work that benefits them, their communities and the wider economy.

Many instructors join Move it or Lose it at a point of transition. Some are leaving established careers, adapting their work around family or caring responsibilities, or considering retirement. Rather than stepping away from working life altogether, they create flexible, sustainable roles that allow them to continue earning, contributing and developing professionally.

In doing so, they become social entrepreneurs. They establish local businesses that respond to a clear community need, generate income, hire venues, build partnerships and create accessible opportunities for older adults to remain active and connected.

The value they create extends far beyond their own employment. Every instructor can reach hundreds of people over the lifetime of their classes. Each participant may become stronger, more confident and better connected, while their family, friends and wider community also benefit from their continued independence and wellbeing.



A huge difference, before I only walked but Move it or lose it has opened up a new world, it's fun, totally inclusive, non-judgmental and makes my day every week - a total joy.

Sheila, 74

This creates a powerful ripple effect: one person trains, builds a class and supports a growing community of older adults. Participants form friendships, regain confidence, return to activities they value and encourage others to join. Some instructors expand into multiple venues, train additional staff or volunteers and develop partnerships with health services, charities, care providers and community organisations.

Alongside the income and economic activity they generate, instructors help older adults build the strength, balance, confidence and social connections that support healthier, more independent lives. This has the potential to reduce pressure on health and care services by helping people remain active, manage their wellbeing and avoid preventable decline.



The full value of that impact is difficult to capture. It is found not only in classes delivered or income generated, but in falls that may be prevented, confidence restored, friendships formed, independence maintained and communities strengthened.

When someone trains with Move it or Lose it, the impact does not stop with one new instructor. It multiplies through every person they teach and every community they touch.



After recovering from two knee replacement operations, I am now so much stronger and have taken up ballroom dancing, something I thought I could never do.

Gaynor, 69

Looking ahead

The evidence in this report is clear: Move it or Lose it is helping older adults move more, feel stronger, stay independent and remain connected.

Our focus now is to build on that impact — reaching more people, strengthening our instructor network and ensuring community-based movement is recognised as a vital part of healthy ageing.

Expanding digital support

We will continue to develop the Move it or Lose it Online Club so that more members can access support beyond their weekly class. While many older adults value face-to-face classes above all else, digital support can help people move more often, build confidence at home and stay connected between sessions. The future of healthy ageing will not be digital or face-to-face — it will be both.



Getting more men moving

Only 6% of this year's survey respondents were men, highlighting a clear opportunity to make later-life exercise feel relevant to a broader audience.

In 2025, we launched our new Strength & Balance Circuits CPD, enabling instructors to

add another class format to their offer and encourage members to exercise with them more than once a week. This is valuable for both instructors and participants: instructors can grow their class provision, while members have more opportunities to build strength, improve balance and make meaningful progress, recognising that one class a week is not enough to meet recommended strength and balance guidelines.

With a stronger emphasis on function, challenge and maintaining independence, the circuit format may also appeal to more men and to people who may not initially see a group exercise class as being for them.

Already, 20% of our licensed instructor network is trained to deliver Strength & Balance Circuits. A further 26% are due to complete the training over the next 12 months, meaning almost half of our current network will be equipped to deliver this new class format.

Feedback from instructors already trained to deliver the circuits class suggests that more men may be taking part where sessions are framed around strength, balance and everyday function. By rapidly expanding this programme, we are giving instructors more ways to grow their businesses, helping members exercise more often and progress further, and creating a stronger route into exercise for people who have traditionally been harder to reach.



I feel more confident exercising, I feel more independent and positive about my health and I try new things more often now.

Peter, 79

Aligning with the NHS 10 Year Health Plan

Move it or Lose it supports the NHS direction of travel: shifting care from hospital to community, from sickness to prevention and from analogue to digital. Our model shows what those shifts can look like in practice — trusted local instructors, preventative strength and balance classes, and growing digital support that helps older adults keep moving at home as well as in the community.

Supporting ukactive's mission

Move it or Lose it is proud to support ukactive's mission to get more people, more active, more often. To truly increase national activity levels, the sector must reach beyond those already using gyms and leisure facilities. Our classes support older adults, people with long-term conditions and those with low confidence to move safely, regularly and enjoyably in the places they know and trust.



Supporting people using GLP-1 medications

As GLP-1 medications become more common in weight management and type 2 diabetes care, we will explore how Move it or Lose it can support people to protect their long-term health alongside weight loss. Losing weight without protecting strength, balance, muscle and bone health could store up problems for the future, including reduced function, frailty and loss of independence. Our role is not to replace clinical care, but to help people build the habits that protect muscle, bone, confidence and independence for later life.



Prior to joining the class I wasn't going outside my home except to see family. I now feel I belong and am part of a warm, friendly supportive community. I cannot thank Move it or Lose it enough for giving me my life back.

Natalie, 55

Closing message

Healthy ageing will not be achieved through advice alone. It will be achieved by creating the opportunities, confidence and support that help people move well, stay well for longer and remain connected to the people and communities around them.



Opportunities



Confidence



Support



Move well



Stay well



Stay connected

**MOVE IT
OR LOSE IT!®**

That is the difference Move it or Lose it makes every day - helping more people to age well, with greater independence, confidence and possibility.



MOVE IT OR LOSE IT!®

 info@moveitorloseit.co.uk

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Move it or Lose it
The Old School
School Lane
Blymhill
Shifnal
Shropshire
TF11 8LJ

www.moveitorloseit.co.uk