




**Live
Longer
Better**

HAMPSHIRE

We stand up and sit down during the ad breaks,



so we can keep up when babysitting the little one.

Discover simple activities to
help you feel stronger and

get the most out of life



Visit hants.gov.uk/livelongerbetter
to get started today.

**Live
Longer
Better**

HAMPSHIRE

Knee bends keep my legs strong,

so I never miss a moment of play.

Discover simple activities to
help you feel stronger and

get the most out of life



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Hampshire
County Council





**Live
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Better**

HAMPSHIRE

Heel raises while the kettle boils,



helps me reach things with ease.

Discover simple activities to
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HAMPSHIRE

Lifting tins from my weekly food shop,

makes the watering can feel lighter.

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