



Over 50?

ARE YOU MISSING OUT?

LOTS OF PEOPLE in their fifties are missing out by not enjoying any physical activity. Maybe you've never thought of it,

hated sport at school, feel you're too old, flabby or unfit, are frightened of making a fool of yourself, don't have the time or money, don't know how to go about it, or just can't be bothered.

Stop making excuses and have a go! The choice is vast, from angling to yoga, cycling, 'keep fit', rambling, snooker, swimming and many more. All ages and abilities are welcome. It doesn't have to be too expensive or energetic. Fancy yourself as a coach, referee, club secretary or team manager? Above all, taking part is fun and helps you to keep fit and active. Join our campaign; you've got *all to play for*.



"Why me?"

When you get to 50 it's a good time to take stock. Many people's circumstances change; you may be without work, preparing for retirement, holding down a stressful job, free for the first time from family ties, feeling lonely or bored and looking for a chance to get involved in something interesting.

You may even be putting on weight, feeling stiff at the joints, getting breathless too easily and worried about your heart.

WHY SPORT?

It's got lots to offer including...

ACTIVITY · ENJOYMENT
INVOLVEMENT · INTEREST
EXERCISE · RELAXATION
RECREATION · SOCIAL CONTACTS

There's something for everyone and you'll feel much fitter as a result.

"What can I do?"

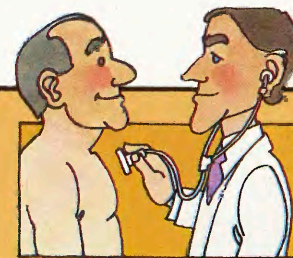
You can enjoy almost any activity, though some are more suitable than others as 'lifetime' sports. What about swimming, walking, jogging, running, cycling, 'keep fit' and dance, bowls, angling, billiards and snooker, golf, badminton, tennis, table tennis, 'messing about in boats'?

Perhaps you'd rather get involved in refereeing, coaching, helping run a club or a kids' football team; sport needs people in so many ways.



"When do I start?"

Now. Today. Don't wait until you retire! Get the activity habit now and it will stay with you for life.

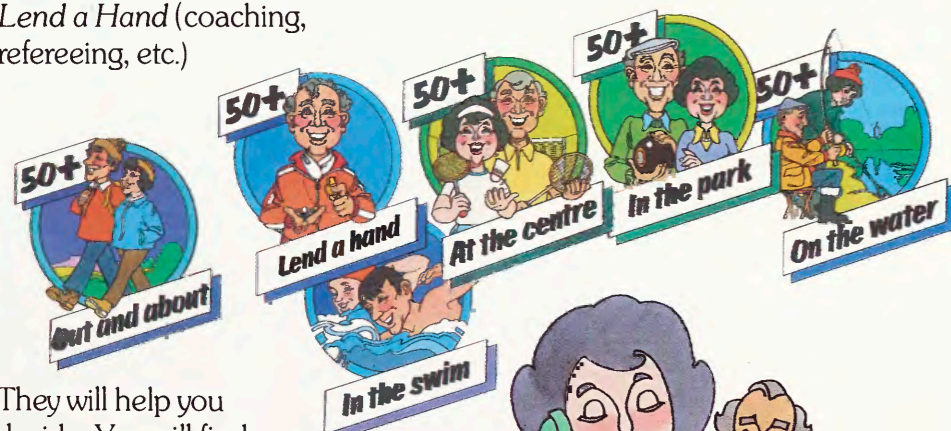


Before you start – a word about health...

Get involved even if you haven't taken much physical exercise for years. There's plenty of evidence to show that getting a little puffed and increasing your heart rate is good for you. Doctors agree that there are no risks in regular exercise, as long as you start gently and gradually build up to the more strenuous activities. After all, bones, joints and muscles were made to be used! Keeping trim, i.e., toning up your muscles and preventing flab, reduces stress and makes life easier. If you're reasonably fit and start exercising gently then there's no need to worry. But if you have any doubts, for example, if you get overtired, feel uncomfortably out of breath or have a pain in your chest when you exercise, or if you are under medical attention or treatment, then check with your doctor. Just be sensible and avoid activities involving sudden exertion or straining. You may feel stiff afterwards but you'll feel much fitter too, and you'll enjoy it.

"How do I go about it?"

Pick up one of our leaflets, which give information on a variety of activities: *In the Swim* (swimming); *Out and About* (rambling, cycling, orienteering, golf); *On the Water* (angling, 'messaging about in boats'); *In the Park* (jogging, running, tennis, bowling); *At the Centre* (table tennis, badminton, 'keep fit' and dance, billiards and snooker); *Lend a Hand* (coaching, refereeing, etc.)



They will help you decide. You will find them in the library, leisure centre, town hall or Sports Council office, or why not talk to your recreation officer, sports centre manager, or a sporting friend and find out what you might do. You'll find them full of enthusiasm.



If you know what you want to do, ask your recreation department for contacts and addresses for classes, clubs, etc. There will be special events in '83 for the over 50s so you won't have to learn with the kids!

Want to know more?

If you still want convincing, try reading:

Feel Fit Come Alive— Pontefract, Oxford University Press. *Exercise for the Over Fifties*— Gibbs, Jill Norman Ltd. *Look After Yourself*— Health Education Council. *Exercise — the Facts*— Bassey & Fentem, Oxford University Press.

Want to take part?

If you would like to take part in one or more of the many sports available, contact your local authority recreation department, local sports council or call into any sports or community education centre. Alternatively, write to us at the address below.

Want further Information?

In addition to a general campaign leaflet there are six others which highlight specific activities. To obtain free copies of leaflets or an order form for free promotional material complete the section below and return it to:



Sport for All 1983
The Scottish Sports Council,
1 St. Colme Street,
Edinburgh EH3 6AA



no. req'd		General leaflet	NAME _____
	<input type="checkbox"/>	In the Swim	
	<input type="checkbox"/>	At the Centre	ADDRESS _____
	<input type="checkbox"/>	Out and About	_____
	<input type="checkbox"/>	In the Park	_____
	<input type="checkbox"/>	On the Water	_____
	<input type="checkbox"/>	Lend a Hand	_____
please tick	<input type="checkbox"/>	Order form for promotional material (e.g. stickers, posters)	ORGANISATION (if applicable) _____



Playing's better than watching and it'll bring out the best in you. You're never too old to start, so take up something now, you've got all to play for.

