



**Age &
Opportunity**

Incorporating **Age & Opportunity active**,
The National Sport and Physical Activity Programme
for Older People

FitLine

A **FREE**, nationwide
telephone mentoring
service supporting
people aged 50+
to be more active

**FREE
initiative
for over
50s**



A friendly word to get you more active.

Call: **1800 303 545**
or **087-6211767**

FitLine Volunteer Mentors make regular phone calls to
people who would like to get more physically active.

"The mentors are so supportive and encouraging."

Agnes – Ardee, Co. Louth

"I live on my own and I love having someone from FitLine ring me regularly. They have good advice."

Joe – Dublin

"FitLine gave me the push I needed to stop making excuses to get up and get active."

Anne – Cork City

"The last year has been difficult and lonely at times. FitLine has been invaluable . . . the motivation and support are wonderful."

Bridie – Dublin

FREE

Physical activity video on a memory stick when you sign up!

Why call FitLine?

Some find it easy to be physically active but for others it's not so simple. Perhaps you don't know what activity to do or you lose motivation. Or maybe a life event has forced you out of the habit of exercising.

Our mentors are volunteers from the local community who understand the challenges of getting active. They'll give you information, advice and gentle encouragement to get moving.

How do I join as a participant?

After you make the first call, our mentors will arrange a time to ring you every two weeks until you're happy with your progress.

Is there a cost?

No. This is a completely free service for people over 50. It has helped many people who wanted to feel a bit healthier but just didn't have the confidence or information to go about being more active.

How to contact us:

Free phone **1800 303 545** or **087-6211767** to apply as a participant or a volunteer mentor or email fitline@ageandopportunity.ie

How do I become a volunteer mentor?

We welcome volunteers from all over Ireland. If you have 2 to 3 hours a fortnight to help mentor older people be more active, please get in touch. Training and support will be provided.