

Let's Move Together with fit swarm

reach your potential



Age UK Bucks is pleased to launch Let's Move Together – our pilot project aimed at increasing movement and confidence in physical activity. This is in conjunction with our friends at Fitswarm.

The best thing is, you can join sessions in your own home, as they are all on line – and you have a choice of live sessions (where the trainer can see and interact with you) or recorded sessions. Full joining instructions will be provided.



You don't need to be a fitness expert and this service is free. You just need access to a laptop or tablet, the internet and energy and enthusiasm!



If you are over 60 and live in Buckinghamshire, you are able to take part in this free service.



You can take part independently, with the help of friends and family or, from 4th January 2022, with the help of an Age UK Bucks volunteer.



To find out more, please look at our website www.ageukbucks.org.uk or call our Let's Move Together coordinator, Andrew Anderson on