

# fit *as a* fiddle

Social impact measurement report



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Improving later life

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# Background

Age Concern England was awarded £15.1 million by the Big Lottery Fund to deliver the Fit as a Fiddle portfolio across the nine English regions (London, South East, South West, West Midlands, East Midlands, Eastern, Yorkshire & Humber, North East and North West) from 2007 until 2012. Age Concern and Help the Aged came together in April 2009 and were renamed Age UK in April 2010. For the purpose of this report we will be using the name Age UK.

The main aims of Fit as a Fiddle coincide with the outcomes of the Big Lottery Wellbeing Fund – championing healthy eating, physical activity and mental wellbeing for older people. The portfolio aims to broaden and increase the opportunities for older people to undertake physical activities and improve their eating habits, contributing to an overall improvement in mental health.

Fit as a Fiddle projects promote healthy ageing, based around the needs and ideas of local people. At a regional level, projects aim to include black and minority ethnic (BME) communities, older people with specific health risks (e.g. high blood pressure) and those living in deprived urban or rural areas.

In the East Midlands two programmes were implemented, rural and urban, which spanned seven local regions and nine projects (six urban and three rural). They delivered a wide range of activities, leading to increased physical and healthy eating activities and greater mental wellbeing.

Rural programmes operated in Nottinghamshire, Leicester Shire & Rutland, Derbyshire, Kesteven, Lindsey, and Boston & South Holland. Urban programmes operated in Northamptonshire, Nottingham City and Leicester City.

This report aims to show our achievements in the East Midlands and showcase the social impact our project had on older people, partnerships and the wider community.

## Aim

The Big Lottery Fund Wellbeing Programme is a £165-million grant programme encouraging healthy lifestyles and wellbeing. BIG's Wellbeing Programme comprises three main outcomes aimed at improving and developing:

- levels of physical activity
- mental wellbeing
- healthy-eating habits for people and the wider community.

**'I went to the library and the lady asked me my age – I said 21, as that's how I feel!'**

**'Someone always says hello.'**

**'It generates a happy feeling, which we take away with us.'**

Fit as a Fiddle participants

## Method

Information from 16 service users and 20 partner organisations across the East Midlands areas of Derbyshire, Kesteven, Northampton, Leicester Shire & Rutland, Nottingham & Nottinghamshire, Lindsey, and Boston & South Holland was gathered using a Survey Monkey online survey, one-to-one interviews and telephone conversations.



## Executive summary

The main findings demonstrated that Fit as a Fiddle has made a difference to, and had a positive impact on, older people and the wider community, therefore exceeding its aims and objectives.

This report shows that older people have much more positive lives when they have contact with others in a fun, non-pressured and active environment. It highlights a clear need for activities to be delivered in local communities that enhance social networks and tackle isolation.

Partner agencies reported an increase in their awareness of the needs of older people and in their ability to reach those who they may not previously have been in contact with. This enabled them to achieve their aims and outcomes, while increasing their networking and action plan for the future. Fit as a Fiddle has raised awareness of health issues, helping organisations to make contact with people who may be affected by illness or long-term conditions. This enables early detection and better management of conditions, reducing the need for more intensive treatment or medication.

Although the project did not deliver specific mental health activities, our service users overwhelmingly reported increased feelings of wellbeing and the ability to cope with personal issues better. The majority of older people felt happier, more positive and healthier since being involved with Fit as a Fiddle. Furthermore, our physical activity classes are leading to greater fitness levels, increasing mobility and muscle strength and preventing falls, while nutritional sessions lead to healthier choices and better diet.

Most of the older people we talked to knew the importance of regular exercise and healthy eating in later life, but needed the encouragement of other people to motivate and support them.

In conclusion, there is a great need for programmes like Fit as a Fiddle to continue. It was overwhelmingly felt that the loss of Fit as a Fiddle would be detrimental to the health and wellbeing of older people.

**‘We want social interaction with other people that makes exercise fun and not a chore!’**  
Fit as a Fiddle participant



## Our achievements

The East Midlands Fit as a Fiddle project has been successful in:

- helping older people to stay fit, active and mobile for longer
- tackling social isolation and bringing communities together
- enhancing quality of life and improving wellbeing
- promoting healthy eating
- raising awareness and management of long-term conditions.

**‘It stops you thinking that no one wants you – there is a world out there, even if you are getting old!’**

**‘It has changed my life and I am not joking – it’s something to look forward to and it’s great.’**  
Fit as a Fiddle participants

**‘It has helped to increase the number of City residents aged 50+ to become more physically active and work towards the targets outlined in National Indicator 8 (NI8); this will also have a longer-term impact on improved health and the ability to maintain independence into older age.’**  
Partner agency

We know that as we get older it is important to take appropriate exercise and eat healthily to reduce the decline in our health that can accompany ageing. These can improve muscle and bone strength, decreasing risk of falling, increasing life expectancy and reducing the risk of diseases and long-term conditions. Our service users consistently told us of their increased happiness and feelings of wellbeing since attending Fit as a Fiddle activities.

**‘Once you get lifted up, you feel better in other areas of your life – this is what Fit as a Fiddle does.’**

Fit as a Fiddle participant

**Regular exercise has beneficial effects on general health, mobility and independence, and is associated with a reduced risk of depression and related benefits for mental wellbeing, such as reduced anxiety and enhanced mood and self-esteem.**

Source: *Occupational Therapy Interventions* (2008) NIHC, available at: [www.nice.org.uk/nicemedia/live/11999/42395/42395.pdf](http://www.nice.org.uk/nicemedia/live/11999/42395/42395.pdf)

### Key findings

**100%** of service users interviewed said they felt happier and more positive

**75%** of our service users said they felt better physically

**70%** of our partner agencies thought that Fit as a Fiddle increased mobility

**95%** of our partner agencies said that service users benefited from increased health and wellbeing

**75%** of service users said that Fit as a Fiddle has encouraged them to continue in a similar activity

# Making a difference to the wider community

We learnt that Fit as a Fiddle has had a profound impact not only on our service users but also to the wider community, including family, neighbours, carers and friends, resulting in less isolation, increased mobility, healthier eating and increased mental well being for more than just our older people.

**‘Fit as a Fiddle provided a workshop at the Derbyshire Stroke Club’s Networking Day, working with a group of people who have had a stroke, their carers and supporters – formal and informal. They have also supported individuals at the Chaddesdan Centre.’**  
Stroke Co-ordinator

## Case study

Mr B, an Asian male from Leicester, found himself physically and mentally low following a stroke. On the advice of his GP he started attending our gentle exercise classes and has now progressed to a whole range of physical activities, increasing his mobility and wellbeing and reducing his GP visits. He also has a family history of diabetes, which was having an effect on his home life. Through healthy-eating sessions with Fit as a Fiddle, he now has more understanding of diet and diabetes and has cut down on what he calls ‘high cultural use’ of salt, sugar and fat. Mr B said:

**‘I was aware of the risks of having a bad diet but not really sure how to change our habits. Fit as a Fiddle has had an impact on the whole family and we now eat more healthily. I even read supermarket labels to ensure we are eating sensibly and appropriately.’**

**Incidence of Type 2 diabetes is linked to obesity and lack of exercise. It is also more common in some Asian communities... simple changes to diet and increased activity can help prevent Type 2 or reduce complications for those who already have it.**

Source: ‘Diabetes Costs NHS £1m an Hour, Charity Says’, *Guardian* 8 Oct 2008, available at: [www.guardian.co.uk/society/2008/oct/08/nhs.diabetes](http://www.guardian.co.uk/society/2008/oct/08/nhs.diabetes)

## Case study

Older people told us that they wanted to be more involved in their own community and Fit as a Fiddle gave them a way to do this. It made them more aware of the issues faced by the local area and encouraged them to do things within the community, i.e. volunteering or other activities.

Older people in one supported housing complex told us that they now see neighbours who they have never spoken to before and they now ‘look out for each other.’

**‘Physically I get something for myself and mentally I give back to others via volunteering.’**  
Fit as a Fiddle participant

**‘[Fit as a Fiddle] created a community atmosphere among neighbours who had not even spoken to each other previously.’**  
Partner agency

We were told that learning is shared outside of our sessions and used to encourage and support others. Another overwhelming outcome was the effect that Fit as a Fiddle has on the mental wellbeing of non-project users. One lady who had experienced depression since being made redundant commented: ‘My husband is happier to have the “old” me back’, while another told us:

**‘My family were worried about me as I was staying in the house and losing my independence. They are happy and more confident now I am out and about and I feel less of a burden on them. Now they complain that they can’t catch me in!’**

Our partner agencies reported increased awareness of the needs of the local community, with 90 per cent reaching their intended outcomes towards physical, nutritional and/or mental wellbeing.

**‘We all look out for each other. If someone is absent we pick up on it and see if there is anything we can do.’**  
Fit as a Fiddle participant

## Key findings

**82%** of our service users reported advantages to their wider circle of friends, family and carers

**95%** of partners said that isolation in older people was reduced

**69%** of our services users said they felt less isolated



## Flexibility to meet need

Working with a large number of partner agencies and being engaged with our communities has enabled us to meet the changing needs of older people and their local community. It has also enabled local organisations to meet their targets and action plan for the future, ensuring that activities delivered are meaningful, targeted and enjoyable.

**'It has helped us target the right people with the right health information, which is critical for future activities.'**

Partner agency

We surveyed 20 partner agencies across the East Midlands.

Questions we asked included the following.

- Has working with Fit as a Fiddle influenced your external partnership working?
- Has working with Fit as a Fiddle influenced your future planning?
- Has Fit as a Fiddle helped your organisation meet its intended outcomes towards physical nutritional and/or mental wellbeing?

**'Attending meetings and workshops has helped me to network our services across different groups and promote our resources.'**

Partner agency

**'We are now structuring more physical activities on the scheme and encouraging networking with other local schemes.'**

Partner agency

### Key findings

**60%** of respondents said that we had helped influence their external partnership

**60%** of respondents said that we had influenced their future planning

**60%** of respondents reported early detection of potential health issues



## Early detection and better management of long-term conditions

**Physical activity has important beneficial effects on both the physical and mental health of older adults. Evidence of the benefits of physical activity in relation to disease prevention, mobility, independence and quality of life is increasing. Potential benefits include reduced risk of developing coronary heart disease, certain types of cancers and diabetes, prevention of post-menopausal osteoporosis and osteoporotic fractures, a reduction in accidental falls, and increased social participation.**

Source: *The Case for Healthy Ageing* (2008), Help the Aged, available at: [www.ageuk.org.uk/documents/en-gb/for-professionals/research/case%20for%20healthy%20ageing%20\(2008\)\\_pro.pdf?dtrk=true](http://www.ageuk.org.uk/documents/en-gb/for-professionals/research/case%20for%20healthy%20ageing%20(2008)_pro.pdf?dtrk=true)

**People with long-term health conditions, such as diabetes or heart disease, are two to three times more likely to experience mental health problems than the general population.**

Source: [www.nice.org.uk/newsroom/news/TackleMentalHealthProblemsLongTermConditionsSaysThinktank.jsp?textonly=true](http://www.nice.org.uk/newsroom/news/TackleMentalHealthProblemsLongTermConditionsSaysThinktank.jsp?textonly=true)

**Currently, about 4 million of the 15 million people with long-term conditions have mental health problems. Since £1 in every £8 spent on long-term conditions is linked to poor mental health, it is estimated that dealing with co-existing mental health problems costs the NHS in the region of £8–13 billion.**

Source: *Long-term Conditions and Mental Health* (2012), The King's Fund, available at: [www.kingsfund.org.uk/publications/mental\\_health\\_ltcs.html](http://www.kingsfund.org.uk/publications/mental_health_ltcs.html)

In England, over 50 per cent of over-60s suffer from a long-term condition. As well as delivering physical and healthy-eating activities across the East Midlands, Fit as a Fiddle engages with local partners, which deliver practical advice sessions on a wide range of long-term conditions and illnesses, such as diabetes, Parkinson's, heart disease and prostate cancer. This has led to an increased awareness, empowering self-help and motivation.

Fit as a Fiddle in Leicester Shire & Rutland has been working with the local branch of Parkinson's UK, which tells us that it has helped service users with better management of long-term conditions, helping to increase mobility for people with Parkinson's.

### Case study

Activity sessions were set up for people with Parkinson's (PWP) and their carers in Leicester Shire & Rutland. These included gentle exercise such as tai chi, yoga and seated exercise, which are beneficial to PWPs.

There were currently no gentle exercise classes for PWPs in the area and Parkinson's UK saw this venture as a good opportunity to establish provision and set up some specialist assistance with the help of Fit as a Fiddle. Howard Gowdridge, Leicester & District Branch Chairman, said:

**'Many PWPs are not aware of the benefit of exercise and how this can help them to manage their condition better. They need exercise classes that are appropriate to their capabilities and are often put off joining mainstream classes due to lack of confidence or fear of not being able to keep up. This has been an excellent way of raising awareness of Parkinson's to the instructors, and training them to deliver activities to this specialist group.'**

**Recent research has shown that exercise seems to protect the dopamine-producing nerve cells that are lost in Parkinson's, helping them work better and survive for longer. This could potentially slow down the progression of Parkinson's – something no current treatment can do.**

Source: 'The Benefits of Exercise for People with Parkinson's', available at: [www.parkinsons.org.uk/advice/living\\_with\\_parkinsons/exercise\\_and\\_parkinsons/benefits\\_of\\_exercise.aspx](http://www.parkinsons.org.uk/advice/living_with_parkinsons/exercise_and_parkinsons/benefits_of_exercise.aspx)

### Case study

After being diagnosed with high blood pressure, Ms R from Derbyshire joined a gym in an effort to get fitter and avoid medication, but found it isolating and intimidating. Joining Fit as a Fiddle gave her the motivation she needed and within six months of attending regular exercise and healthy-eating sessions, she had achieved normal levels of blood pressure and avoided the need for medication. She said:

**'I was attracted because of the mixture of people, some younger – some older. It felt safe to dance and exercise in front of other people as we laugh with each other and not at each other.'**

**Your diet, exercise levels and weight have a real effect on your blood pressure. If you have high blood pressure you can start lowering your blood pressure today by eating more healthily and being more active.**

Source: [www.bpassoc.org.uk/BloodPressureandyou/Yourlifestyle](http://www.bpassoc.org.uk/BloodPressureandyou/Yourlifestyle)

### Early diagnosis

We have successfully built up cross-working partnerships, such as statutory organisations testing for diabetes, blood pressure and blood-sugar levels, and voluntary sector agencies such as PROSTaid giving talks on prostate cancer. This has, in some cases, resulted in referrals for further treatment and those affected being given information, support and advice. It has also given our service users the confidence to go to their GP and talk about their worries.

**'Communities become more confident of their health issues and will make appointments in good time to see a doctor and take advice from the medical team seriously.'**

Age UK Leicester Shire & Rutland library partner

**Collectively, vascular disease (heart disease, stroke, diabetes and kidney disease) affects the lives of more than 4 million people and kills 170,000 in the UK every year.**

Source: 'Identifying and Preventing Type 2 Diabetes', [www.nhs.uk/NHSEngland/NSF/Pages/Diabetes.aspx](http://www.nhs.uk/NHSEngland/NSF/Pages/Diabetes.aspx)

### Key findings

**60%** of our partners thought that the project led to early detection of potential health issues

**50%** said older people benefited from better management of long-term conditions

**57%** of service users interviewed told us they joined Fit as a Fiddle to deal with issues relating to a long-term condition

### Early detection case study

Prostate cancer kills 10,000 men a year and is the UK's fourth commonest cancer in men. One-third of men over the age of 50 contract it.

During a Fit as a Fiddle advice session on prostate cancer by local voluntary organisation PROSTaid, Mr K recognised some of the symptoms and was prompted to see his GP, where he was diagnosed with prostate cancer.

Although he had the support from his family and PROSTaid, Mr K experienced periods of feeling low and depressed. He continued to attend Fit as a Fiddle, feeling that it helped to keep him going:

**'If it hadn't have been for the project, I would have sat in a chair feeling sorry for myself and getting more depressed. I am indebted to Fit as a Fiddle and might not be here now if it wasn't for the talk by PROSTaid at the Fit as a Fiddle session.'**

Within the housing complex where he lives, there are a lot of older people who have serious health issues and he feels that he can offer them support by drawing on his own experience and recommending projects such as Fit as a Fiddle. Mr K said:

**'To move forward with issues, you need people to support you, and Fit as a Fiddle gives people friends to talk to. It means less isolation and more support for each other, and knowing that someone else has been there and got through it helps to bring people and communities together.'**

This case study clearly shows how Fit as a Fiddle has helped to raise awareness of health issues and early detection of conditions. Effective partnership working enables appropriate signposting, ensuring that support and advice is available at all stages.

A PROSTaid representative said:

**'Most people are ignorant of prostate cancer and we need to educate people and make them aware of this condition, offering ongoing support to those affected.'**



# Positively tackling social isolation

**'Fit as a Fiddle is the hub [that] brings everyone together – without it, people will go back to sitting at home doing nothing or being lonely.'**

Fit as a Fiddle participant

According to Age UK's Down But Not Out campaign:

**'More than 2 million people aged 65 or over suffer from depression, while over 1.2 million older people are living in isolation.'**

Source: [www.ageuk.org.uk/get-involved/campaign/depression-in-later-life-down-but-not-out](http://www.ageuk.org.uk/get-involved/campaign/depression-in-later-life-down-but-not-out)

**'[Fit as a Fiddle] sessions were held locally, which was important as I haven't got a car.'**

Fit as a Fiddle participant

Our experience with Fit as a Fiddle highlighted that factors such as being a carer, poor physical health, low morale, bereavement, living in residential care or supported housing, and communication issues can lead to isolation. Fit as a Fiddle works positively across rural and urban areas of the East Midlands, delivering accessible activities that help to tackle isolation, enhancing greater feelings of wellbeing and happiness.

## Case study

A senior support worker in our Northampton district told us of the positive effect Fit as a Fiddle has had on the residents of one sheltered accommodation community. He told us that at least three people who were classed as isolated within their own properties now attend regular activities and take mixing with other residents for granted. He said:

**'It was a pleasure to see these residents attending the Fit as a Fiddle Celebration Day. A few months ago we would have struggled to get the same people to a coffee morning!'**

## Key findings

**75%** of service users we talked to said they felt depressed and/or isolated before joining Fit as a Fiddle

**95%** of our partners reported increased health and wellbeing and less isolation for older people

**'I had to give up my car, which made me feel down and isolated. Now I have a mentor who comes to my home, and transport to get to activities. It has opened new doors for me!'**

Fit as a Fiddle participant

Our projects have ensured inclusion in many ways – for example:

- cookery sessions adapted to all needs, i.e. cultural, low-sugar
- use of local community venues
- men-only and women-only groups
- cultural awareness, including the use of volunteers as interpreters.

The White Paper *Our Health, Our Care, Our Say* acknowledges that social exclusion, isolation and loneliness contribute to the incidence of mental illness, particularly depression ([www.dh.gov.uk](http://www.dh.gov.uk)).

## Case study

Mrs P was widowed six years ago and felt lonely and isolated at home. She took what she describes as 'a very big and scary step' and joined Fit as a Fiddle. Since attending, Mrs P has not only made new friends but has become a volunteer for Age UK's luncheon club.

**'I have always been a quiet and shy person but Fit as a Fiddle has made me come out of my shell. Friends say they can't shut me up now!'**

She also thinks that projects like Fit as a Fiddle are 'great for the community, as they bring people together and stop isolation'. She now feels more motivated and does activities outside of Fit as a Fiddle that she didn't have the confidence to do before.

**'It has broadened my horizons and outlook on things and I am much happier and less isolated now. I have done belly dancing and tai chi, as well as joining the local MIND walking group.'**



## Case study

Mrs H is a full-time carer and has no close family or friends around her. The effects of looking after her disabled husband had led to her feeling isolated and depressed. Through Nottinghamshire's Kindred Spirits programme she started attending a number of Fit as a Fiddle activities, including bowling, chair-based exercise, tai chi, Zumba and dance.

Since attending the sessions, Mrs H has made new friends and feels physically and mentally better, which enables her to cope with her home situation.

**'Life has changed so much for both of us since I have been attending Fit as a Fiddle. It makes it easier to cope when I have had a break. I feel lifted and don't know what I would do without it. I love having my husband to come home to, but it is nice to forget my worries for an hour or two.'**

Mrs H also values the new friends that she has made and that she can talk to people about other things other than her husband's illness.

**'He can't do things himself and it makes him happy that I am going out and still doing things. I bring things home that we can share and he feels involved as well, which makes him less depressed.'**

Mrs H is aware that she needs to stay fit and healthy to be able to look after her husband at home. She has noticed an increase in her mobility because of regular exercise and feels more positive about the future for both of them. She is also more conscious about diet, resulting in both her and her husband eating and feeling healthier.

This case study shows the positive benefit of social interaction to older, isolated people and how mental wellbeing can be improved not only for the service user but also for family, friends and carers. If Mrs H had not attended Fit as a Fiddle, the detrimental effect on both of them could have been great to themselves and the wider community, resulting in GP visits for depression, possibly residential care for the husband, decreased mobility leading to health problems and isolation, and poor diet resulting in long-term health issues.



# Helping older people to stay mobile and active

**Falls are a major cause of disability and the leading cause of mortality resulting from injury in people aged over 75 in the UK. One-third to one-half of people aged over 65 fall each year. Falling, therefore, has an impact on quality of life, health and healthcare costs.**

Source: 'Falls: Assessment and prevention of falls in older people', <http://guidance.nice.org.uk/CG21/Scope>

At Fit as a Fiddle we deliver activities to meet all abilities, helping our older people to stay mobile, improve balance and gain confidence to live healthier lifestyles. Activities include seated exercise, gentle swimming, Nordic walking, tai chi, yoga and New Age Kurling. We offer progression classes to ensure that our participants continue to improve at a rate appropriate to their needs.

**'[It] taught me how to exercise properly and build up ability to avoid strains.'**

Fit as a Fiddle participant

Our co-ordinators have worked with the 2011 Department of Health UK physical activity guidelines, which recommend that:

- older adults should undertake physical activity to improve muscle strength on at least two days a week
- older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.

**'Previously I could only walk 15 minutes – now I can do 45.'**

Fit as a Fiddle participant

**Falls are currently the leading cause of injury and death, but with the right services, such as strength and balance training, they can be prevented.**

Source: [www.ageuk.org.uk/get-involved/campaign/falls](http://www.ageuk.org.uk/get-involved/campaign/falls)

## Case study

Ms L was advised to do some physical exercise by her osteoporosis practitioner and took advantage of tai chi sessions through Fit as a Fiddle. She has since noticed significant changes to her mobility and walking. Previously she used sticks to walk as well as using a Zimmer frame in the bedroom, but she has now put them in the garage as she doesn't need them.

Ms L said:

**'Fit as a Fiddle has increased my mobility and cut out the fear of getting old and falling. I am very positive about the future now.'**

## Key findings

**70%** of our partners interviewed considered increased mobility to be a benefit of attending Fit as a Fiddle

**93%** of older people interviewed said they felt more mobile

## Where to now?

Our partner agencies suggested the following.

- Working with providers of warden-aided housing, support workers and carers could strengthen our partnership and reduce the number of people who are isolated and becoming unwell, therefore reducing admission to hospital.
- Continuing the partnership in order to increase the number of programmes that are available and further build on the success of particular initiatives, such as the free swimming lessons for over-50s that have been a great success in Nottingham.
- Forging stronger links between other community groups and our residents, and working with GP services in falls prevention. The local Clinical Commissioning group is very interested in working in partnership and space can be provided for falls prevention classes within GP surgeries.
- Setting up a joint initiative between Age UK and Parkinson's UK, as 80 per cent of people with Parkinson's are over the age of 65.
- Working together to target certain pots of funding because as a social enterprise we are always looking for funding opportunities.

Partner agencies also said the following.

- They are anxious about the continual losses and cuts in agencies/services – this free and supportive project could be lost, leaving older clients bereft.
- Many projects have ended either because of completion or slashing of budgets, meaning that in this time of austerity more people will become socially isolated.

Our older people made the following comments.

- 'It will have a devastating effect if Fit as a Fiddle ends. People need this sort of project to socialise, be less isolated, exercise and make friends.'
- 'It will be a great loss if it has to finish – too valuable to lose!'
- 'I hope that the powers to be have sense enough to keep running valuable projects like this and carry on with funding, or it will be a great loss!'
- 'More money not less money needs to be put in to projects like this – [otherwise] all the benefits will be lost.'
- 'PLEASE keep it going – it's made a difference to me and you can see a difference in other people – even the most shy start smiling, which is great.'
- 'Good community spirit would be lost.'
- 'Cutbacks cause problems – I believe in Fit as a Fiddle and what you can achieve.'

**'I see women of all ages who are proud of their independence, determination and confidence, which has had a boost from Fit as a Fiddle. I think – WOW, I can still be fit at 70!'**

**'I would like to thank Fit as a Fiddle for making me what I am.'**

Fit as a Fiddle participants

