

## Contact Us

Go for Life is the national programme promoting sport and physical activity for older people. It is an Age & Opportunity initiative funded by the Irish Sports Council.

Louth Local Sports Partnership provides support for sport and physical activity at local level in the Louth area.

To learn more about FitLine contact:

Go for Life

Tel: 01 805 7733

Email: [gfl@mie.ie](mailto:gfl@mie.ie)

Louth LSP

Tel: 042 932 4318

Email: [louthlsp@louthcoco.ie](mailto:louthlsp@louthcoco.ie)



**THE  
IRISH SPORTS  
COUNCIL**



AN CHOMHAIRLE SPÓIRT

**age  
opportunity**  
Promoting greater participation by older people

### Go for Life

Age & Opportunity  
Marino Institute of Education  
Griffith Avenue,  
Dublin 9  
**Phone: 01 805 7733 (office hours)**  
Email: [gfl@mie.ie](mailto:gfl@mie.ie)

### Louth Local Sports Partnership

County Hall  
Millenium Centre  
Dundalk  
Co. Louth  
Phone: 042 932 4318  
Email: [louthlsp@louthcoco.ie](mailto:louthlsp@louthcoco.ie)

*go for  
life*  
**FitLine**



**The free telephone service  
that encourages you to get  
out and get active!**

**Call: 01 805 7733**

## Feel good. Get active

People always say “You’re only as old as you feel”. Well it turns out to be true. Science has proven that staying active keeps your body younger, no matter what it says on your birth cert.

Activity stops you from getting stiff. It keeps away colds and infections. It helps avoid heart disease and diabetes. It keeps you sharp. And, best of all, it cheers you up and gives you energy.

### Have I left it too late?

No, you can get active at any age. Whether you’re 5 or 125 your body is made for movement and benefits from any amount of activity. In fact, the less you have been doing the more you have to gain from getting active now.

### How should I start?

If you would like information, advice or support with getting more physically active why not call the Go for Life FitLine?

## Go for Life FitLine

### What is FitLine?

FitLine is an exciting new project that encourages people to get active. Louth is the first county in Ireland to get FitLine and it’s aimed at people aged 55 and over. The main parts to it are:

- You call FitLine and register your interest
- You attend a workshop in your area that introduces FitLine and discusses how you can get more active.
- If you like what you hear at the workshop, our volunteers, who are all over 55 too, will phone you to set goals with you for getting more active.
- For as long as you want them, the FitLine mentors call you and encourage and support you to be active.



### Why should I call?

Apart from all the obvious physical and mental benefits of being active, there are lots of good reasons to call FitLine.

- You and a volunteer FitLine mentor will come up with a plan of action tailored especially to you. It will be activity you like to do and that fits into your busy lifestyle.
- After the workshop, you will work on a one-to-one basis with FitLine mentors so you’ll get lots of encouragement and support.
- The FitLine mentors who will call you are over 55s themselves. They understand what it is to be active as you get older.
- We know that getting active can have its ups and down. We’ll give encouragement when things are going well, as well as when motivation is low.
- You can opt out of the FitLine at any time. If you decide it’s not for you we’ll stop calling you but you’re always welcome to ring us again in the future.
- It’s free!

This is a great chance to get support to be active so ring Go for Life on 01 805 7733 during office hours before all the places are taken!