

Welcome to the
Live Longer Better.
in Hertfordshire
Celebration Day

Please take a seat as close to the middle of the row as possible

Tag us on social media #LiveLongerBetterInHerts



Join the revolution.

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Charlotte Bird

Live Longer Better in Hertfordshire Lead

Senior Project Officer for Health, Herts Sport & Physical Activity Partnership

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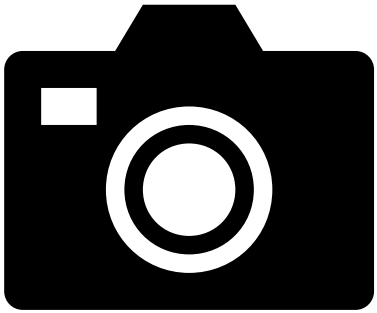
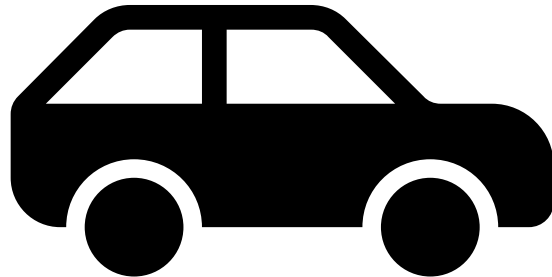


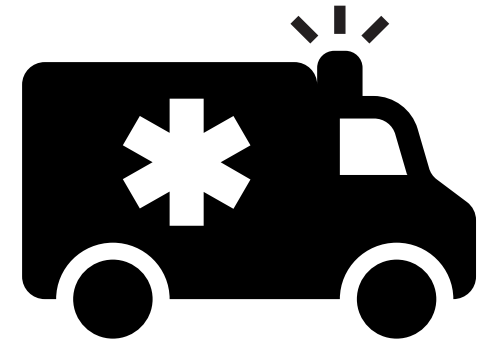
Photo consent



Hozah Parking



Fire Safety



Medical Emergencies

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Christine Hobson

Fitfluencer, Guinness World Record Holder

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Christine Hobson.

- Live life on your terms.
- Every time you ask more of yourself your world opens up a bit more.
- The fitter and healthier you become the more choices you have.

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Live
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in Hertfordshire

Christine Hobson.



At 50 – bordering on being unwell

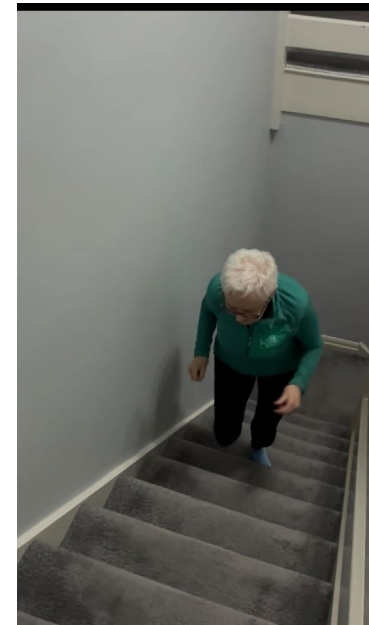
- Arthritis
 - Piled on weight
 - High blood pressure
 - Sleep was awful
 - Couldn't get out of the car
-
- PE report
 - Small
 - Do anything to get out of sport



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Christine Hobson.

**People Think My Retirement Marathon's
The Story But It Isn't**



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Christine Hobson.

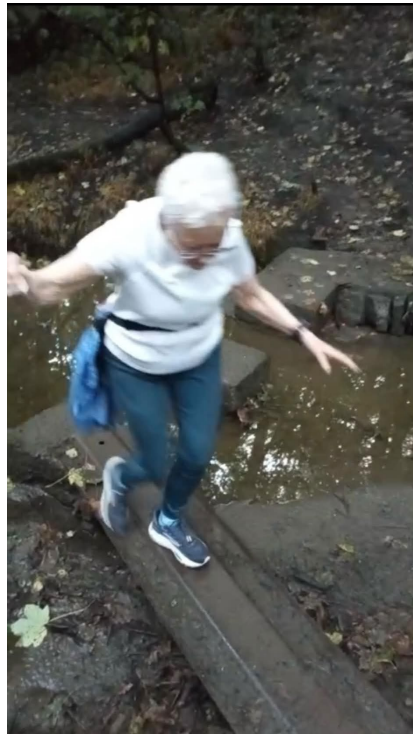
**Do You Know What Getting Older
Has Taught Me?**



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Christine Hobson.

But The Body Still Wants To Move



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Christine Hobson.

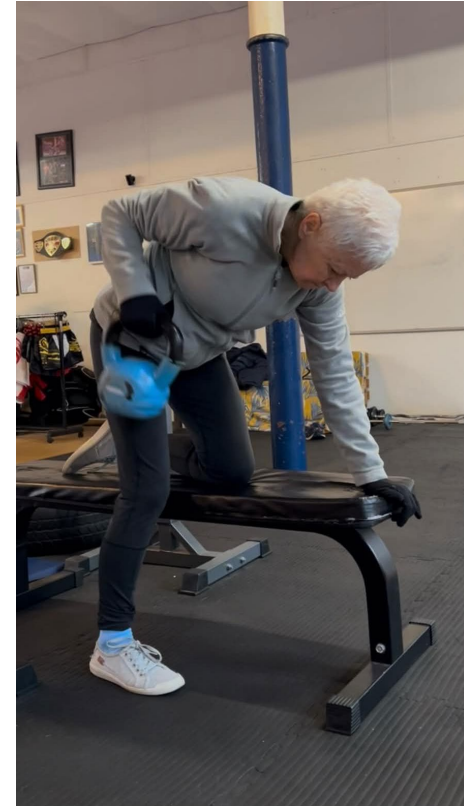
Prove There's Another Way To Grow Older



IG- @ChristineHobson60



TT - @ChristineWorldRecord



FB - @ChrisHobson

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Our Champions.



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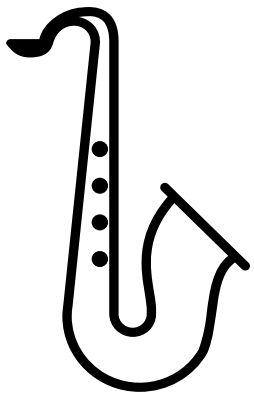
Energiser!

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Sing along to the Chorus!

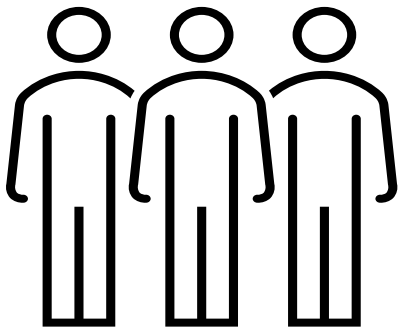


Sweet Caroline!
Good times never seemed so good,
(So good! so good! so good!)
I've been inclined,
To believe they never would

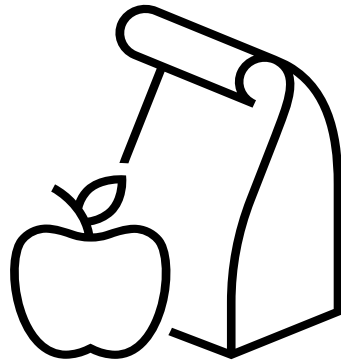


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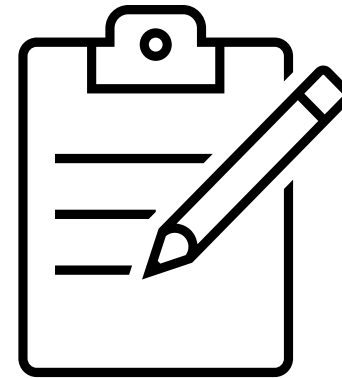
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Activities



Lunch



Feedback means freebie!



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