



LIVE STRONGER FOR LONGER



PRESS RELEASE FOR IMMEDIATE RELEASE

A World Record for Derbyshire!

Age UK Derby and Derbyshire and Chesterfield FC Community Trust Officially Confirmed as **GUINNESS WORLD RECORDS** Holders

Today, we are absolutely delighted to announce that Age UK Derby and Derbyshire, together with the Chesterfield FC Community Trust, have officially been confirmed as Guinness World Record holders. We received the exciting news direct from **GUINNESS WORLD RECORDS**, who wrote:

"I am so happy to tell you: You successfully achieved the Guinness World Records title! The largest chair-based exercise lesson consists of 1,163 people and was achieved by Age UK Derby and Derbyshire and Chesterfield Football Club Community Trust (both United Kingdom), in Derbyshire, United Kingdom on 25 September 2025. Congratulations! You are now officially amazing!"

This confirmation marks the culmination of months of preparation, partnership, and community spirit - and we are thrilled to share this historic achievement with everyone who took part.

Smashing the Previous Record

On Thursday 25 September 2025, our Live Stronger for Longer Falls Prevention Service joined forces with the Chesterfield FC Community Trust to bring 1,200 people to Chesterfield FC's stadium to attempt the largest chair-based exercise lesson ever recorded.

The previous record, set in Hong Kong in 2016, stood at 731 participants. Thanks to the enthusiasm, energy, and incredible commitment from people across Derbyshire, we didn't just beat the record - we shattered it.



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