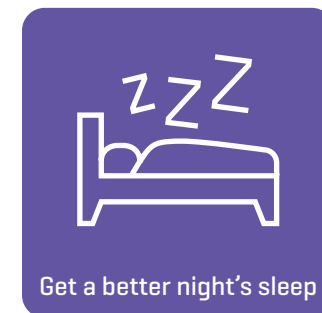


LET'S GET MOVING

Being active might be easier than you think. Here are some things you could try to help you move more each day.



WHY SHOULD YOU MOVE MORE?



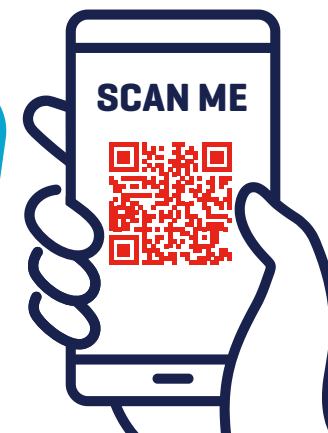
TOP 3 TIPS

By following these tips, you'll soon be on your way to a happier, healthier you!

- 1 FIND ONE WAY TO MOVE MORE EVERYDAY**
- 2 START SLOWLY AND BUILD UP GRADUALLY**
- 3 REMEMBER, EVERY MOVEMENT MATTERS**

IF YOU NEED MORE SUPPORT WE'RE HERE TO HELP!

Please visit us online www.active-together.org/public



Please visit us online www.active-together.org/public

