**Social Media**

Facebook

Are you living with a health concern or long-term condition? If you are, Active Norfolk needs your help to better understand how health concerns impact on physical activity levels. It doesn’t matter how active you are or aren’t!

The survey should only take 10-15 minutes to complete, and by sharing your experiences and views you will be helping to inform the design of future policies and services that support others in Norfolk living with a health condition.

#ActiveNorfolk

LINK: <http://bit.ly/ltc-consult>

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Do you have a health condition that is stopping you from being as active as you think you should be, or would like to be?

It doesn’t matter how active you are. Share your thoughts and experiences on physical activity and help shape the future of Norfolk’s services and support for people living with a health condition.

#ActiveNorfolk

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If you’re living with a health concern, what would help you be more active?

Active Norfolk are doing a county-wide survey to grow understanding of how people living a long-term condition view physical activity. Your input now can help shape future services for others living with a health concern in Norfolk.

#ActiveNorfolk

LINK: <http://bit.ly/ltc-consult>

Twitter

Is your health stopping you from being active? Take part in this #Norfolk survey from @ActiveNorfolk to understand how physical activity can support people living with health concerns #ActiveNorfolk

LINK: <http://bit.ly/ltc-consult>

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Living with a health concern? What would help you be more active? Share your views on this @ActiveNorfolk #survey on physical activity and health, and help shape future service design. #ActiveNorfolk <http://bit.ly/ltc-consult>