

Are you as active as you'd like to be?

Do you have a health
concern or a long-term
health condition?

Does your health concern
stop you from being as
active as you would
like to be?



Would anything help you to
be more active?

Share your views on physical activity to
help us understand how it can be used to support
other people in Norfolk living with a health
concern.



[www.activenorfolk.org/organisations/disability-accessibility/
disability-framework/](http://www.activenorfolk.org/organisations/disability-accessibility/disability-framework/)