

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/

