



# BOOST YOUR HEALTH WITH 150 MINUTES OF PHYSICAL ACTIVITY

**150 minutes** of moderate physical activity each week can work alongside your **COVID-19** vaccination to protect your health.

- Boost your immune system
- Reduce the severity of your symptoms if you fall ill
- Improve your overall mental and physical wellbeing

Find out how to get active. Visit:  
**[www.activenorfolk.org/start](http://www.activenorfolk.org/start)**