



MOVE MORE EVERY DAY TO BOOST YOUR PROTECTION

What can physical activity do for you?



Improve your
physical and
mental health



Reduce risk
of long-term
illness



Boost your
immune
system



Speed up
recovery if
you do fall ill

Aim to move for 150 minutes each week to boost the health protection you get from the vaccine.

Moving more throughout the day will help to build up your overall fitness levels.

Then if you do fall ill, symptoms can be less severe and you can recover more quickly.

Move more every day to improve your health, and give your mental health a boost, too.

It's **never** too late to get active.
Get started today: www.activenorfolk.org/start