



SPORT
ENGLAND



active
norfolk



MOVING MORE CAN REALLY IMPROVE YOUR HEALTH

150 minutes of moderate physical activity
each week can:

- Boost mental health and wellbeing
- Reduce risks of developing long-term illness
- Increase self esteem and confidence
- Help speed up recovery if you fall ill

It's never too late to be active. Visit:
www.activenorfolk.org/start