

# 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?



Enter to win great prizes when you complete the survey!

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.

Complete the survey between 5th August -30th September and be in with a chance to win some great prizes, including a Fitbit, restaurant and shopping vouchers, and more!

#ActiveNorfolk

active  
norfolk

[www.activenorfolk.org/ltc-consultation](http://www.activenorfolk.org/ltc-consultation)