



**LET'S
GET
MOVING**



MOVE TO PROTECT YOUR HEART

Keeping active can help lower your blood pressure and protect your heart.

Even 10-30 minutes of gentle walking, stretching or cycling most days can make a big difference.

Start small and build gradually!

**RECEIVE PERSONALISED
SUPPORT TO MOVE MORE**

 **01455 255 908**



**SCAN HERE
TO CONTACT US**

