

# activeNoW

Supporting people in Norfolk and Waveney to be more active



## Did you kNoW?

**Being more active will help you manage your mobility and increase your quality of life.**

It's also a great way for people with long-term health conditions to move more and improve their health and wellbeing.

By signing up you could:

- Slow the progression of your long-term health condition.
- Lower medication use\*.
- Reduce pain.
- Increase your quality of life.
- Manage your weight.

**To find out how Active NoW can help you, speak to a healthcare professional about your referral options.**

**Our aim is to make physical activity enjoyable and accessible to everyone. When starting a new routine, take small steps and gradually increase your activity over time.**

\* Reduction of medication should only be done under consultation with your doctor.