

Monday, 01 February 2010

[Health and Social Wellbeing Improvement](#)



This leaflet explains the benefits of regular physical activity. It aims to dispel the myths surrounding exercise and the excuses people make for not exercising, as well as providing tips and advice on how to be more active.

## Details

Format

6 page 1/3 A4 leaflet

Target group

General public, particularly sedentary people

## Downloads

Attachment	Size
<a href="#">get a life get active general leaflet.pdf</a>	270.34 KB

[Print](#)