

activeNoW

Supporting people in Norfolk and Waveney to be more active

Have you heard of Active NoW?

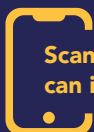
Active NoW is the physical activity referral programme for Norfolk and Waveney.

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

Our team will:

- Provide you with a range of activities
- Tailor a programme based on your health needs and lifestyle
- Support you with your movement journey

**To find out more,
speak to your
nurse or doctor
about your
referral options.**



Scan to see how you
can improve your health

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Did you kNoW?

Being more active will help you manage your long-term health condition.

It's 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
- Have a positive effect on you mentally

To find out how Active NoW can help you, speak to your nurse or doctor about your referral options.

We want everyone to be able to enjoy at least half an hour of physical activity, five times a week, and we're here to help you.