

Living Well - Move more, feel better campaign

Walking for Health Coordinators

Walking for Health Coordinators are in place in all Health and Social Care Trusts. They can provide information on walking programmes and can help support people to become more active.

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Physical Activity Coordinators

Physical Activity Coordinators are in place in all Health and Social Care Trusts. They can provide information on physical activity programmes.

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www.choosetolivebetter.com/getting-active