

Active

LIFESTYLE SCHEME

We can help you get a new lease of life. Any of these conditions could be improved with physical activity

- ♥ Arthritis
- ♥ Asthma
- ♥ Back Pain
- ♥ Diabetes
- ♥ Depression
- ♥ High Blood Pressure
- ♥ Heart Condition
- ♥ High Cholesterol
- ♥ Osteoporosis
- ♥ Obesity



Talk to your GP or Healthcare professional about the Active Lifestyle Scheme, call 0116 454 6768 or click “Get Active” at this link for more details:
www.leicester.gov.uk/ourhealthycity