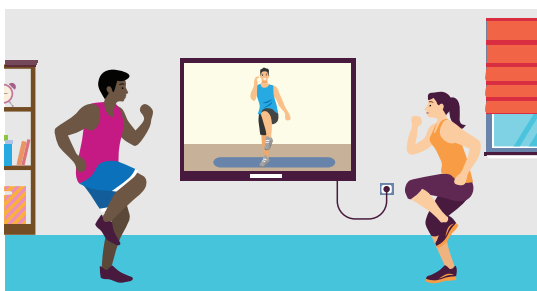
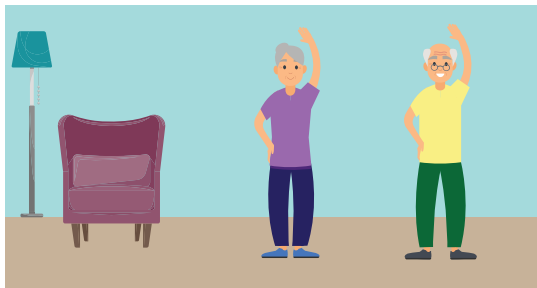


IT'S MORE IMPORTANT THAN EVER TO KEEP ACTIVE!

Keeping active is one of the best things we can all do to improve our physical and mental health.

We've put together a list of **FREE** ideas, tips and guides to keep you moving, no matter your level of fitness, or what equipment you've got at home!

Want to help inspire others to keep active too? Post how you're keeping active on social media with **#ACTIVECDALE**



Be Active. Stay Strong. Protect Our NHS.

Visit <https://active.calderdale.gov.uk/> to find out more!