

WE ARE
UNDEFEATABLE

EVERY MOVE ENABLES MORE.

FIND OUT HOW TO GET MOVING
WITH A LONG TERM HEALTH
CONDITION

Visit
www.WeAreUndefeatable.co.uk



BREAST
CANCER
NOW

ASTHMA+
LUNG UK



Parkinson's
UK



ROYAL
VOLUNTARY
SERVICE

British Heart
Foundation

VERSUS
ARTHRITIS

BritishRedCross

MACMILLAN
CANCER SUPPORT

Alzheimer's
Society

Stroke
Association

MS Society

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.



billy

WE ARE
UNDEFEATABLE

START SLOWLY AND BUILD UP.

WE ARE UNDEFEATABLE AIMS TO
SUPPORT AND ENCOURAGE YOU
TO FIND WAYS TO BE ACTIVE
THAT CAN WORK FOR YOU AND
YOUR HEALTH CONDITION



**WE ARE
UNDEFEATABLE**

**FIND YOUR WAY TO
MOVE.**

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