

LET'S **#BEACTIVE**

JOIN IN TO BE PART OF
THE EUROPEAN WEEK OF SPORT!



**BOOST YOUR ENERGY,
IMPROVE YOUR SLEEP, BECOME ACTIVE**

'SPORTCLUB' IS DELIVERING LET'S #BEACTIVE

**A PROGRAMME WHICH SUPPORTS INACTIVE
PEOPLE LIVE HEALTHIER LIFESTYLES**

To find out more, talk to a member of staff


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MORE PEOPLE | MORE ACTIVE | MORE OFTEN

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**IMPROVE YOUR MOOD,
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**STRENGTHEN YOUR BODY,
MAINTAIN YOUR WEIGHT, BECOME ACTIVE**

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