



I'M NOT JUST WATCHING. I'M PLAYING

We all love watching the game.
But that sofa time can add up.
A kick about is a great way to
get active to improve your health.
Start small and build up as you go.

Get help and support at

[nhs.uk/BetterHealth](https://www.nhs.uk/BetterHealth)

**Better
Health**

**LET'S
DO THIS**