

Sources of information for support or advice

Thank you for taking part.

Here is some information you may find helpful.

None of the organisations listed on the leaflet will know that you or your child took part, nor will they get in touch.

NHS: www.nhs.uk

This site helps you make choices about your health, from lifestyle decisions about things like exercise, through to the practical aspects of finding and using NHS services.

For advice and information on being physically active please visit:
<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/> (Children and young people)

<https://www.nhs.uk/live-well/exercise/> (Adults)