



Greater Glasgow
and Clyde

Are you looking
to become more active?

Call 0141 232 1860,
visit www.nhsggc.scot/getactive
or speak to your health professional



Are you looking to become more active?

We have something for everyone –

- Group Health Walks
- Vitality exercise classes
- Range of local general physical activity options
- **OR** if you need some support to become more active, the next time you are at your Health Professional ask for a referral to Live Active

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