

Would you like to be more physically active?



Bradford Encouraging Exercise in People (BEEP)

is a physical activity referral service that encourages and supports people to become more active more often.

BEEP is a great way for people who are not active and those who live with a long term health condition to increase their physical activity levels and improve their health and wellbeing.

The BEEP team will work with you and monitor your progress for 52 weeks.

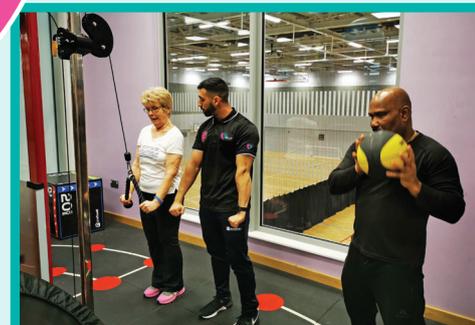
They will help you to find exercise options that best suit you. This might be a walking group, a yoga class or gym, whatever suits you best!

Are you

- 16 years or over
- Currently inactive
- Have a long term medical or mental health condition and/or a BMI above 25



Ask your GP, nurse or other healthcare professional to refer you to the BEEP Service.



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