



**Active**  
Gloucestershire

## **Encouraging everyone in Gloucestershire to stay healthy and active at this time.**

Thank you for being part of **we can move** - the movement to encourage more people to be physically active every day. These are unusual times for most of us in the county and we are having to change the way we live, work and socialise.

Our priority is to encourage all of our networks and our staff to stay safe and healthy. Our way of work follows [government guidelines](#) on the coronavirus.

On this basis, our staff team are now making decisions to postpone meetings or conduct them remotely in the interest of our networks and their own communities. If you are involved with a future meeting of ours, you will hear directly from a member of our team. **We will, as always, be available by email and phone.** And we will provide regular updates to you on the situation and ideas on how you might help yourself and your groups to stay active.

Our aim is now, as it has always been, to encourage people of all ages and abilities to be physically active regularly and to support those who enable others to be active. As we know, being active in a way that is right for every individual, can improve their physical health, help manage stress and anxiety and generally make them feel better.

Useful suggestions and ideas on being active at home can be found on the [Sport England website](#).

### **Want to help others?**

Share your story or the story of someone you know who is being active at home to inspire others **#wecanmove**

### **Get in touch**

Email [hello@wecanmove.net](mailto:hello@wecanmove.net) or call 01452 303528