

Places we can keep fit

Leisure Centres



Swimming

Pools



Our Gardens



SWANSEA PEOPLE FIRST
is supported by:

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SWANSEA PEOPLE FIRST
Peer Health Advocacy Project

An Organisation of and for People with Learning Disabilities



GOOD HEALTH FOR ALL!

Exercise and How to Keep Fit and Healthy

SWANSEA PEOPLE FIRST
Peer Health Advocacy Project



GOOD HEALTH FOR ALL!

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An Information Leaflet

Why Do People Exercise?

To Keep Active:
Some things you can do

More things to do

Disability Sports

For a Healthy Heart



To Live Longer



To Lose Weight



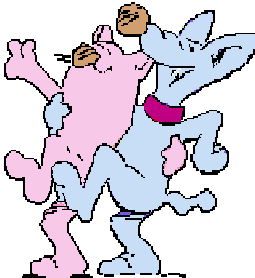
Yoga



Walking



Dancing



Swimming

