

# Call our helpline for free exercise support

Being as active as you can at home is important to keep you healthy and resilient to coronavirus.

If you don't have access to the internet and would like support over the phone to exercise at home, call 0344 800 8020 and select Option 5 to get a free call back from Active Norfolk.

A qualified physical activity instructor will give you tailored one-to-one guidance to exercise safely at home.



Norfolk County Council

## Call 0344 800 8020 and select Option 5

Calls will be charged at your usual landline tariff. There is no charge for the call back.