



Fit 4 Health

A free specialist physical activity programme to help with your recovery from stroke/TIA.

Benefits of physical activity:

- Reduces blood pressure
- Reduces cholesterol
- Reduces fat
- Reduces feelings of depression and anxiety
- Helps to control blood sugar levels
- Can help to maintain independence in older age
- Makes you feel good and much more...

 For further information please contact Hackney Leisure & Physical Activity Team on **020 8356 4897/5285** or **helen.mcGinley@hackney.gov.uk**