

**WE ARE  
UNDEFEATABLE**

# I WALK HER. SHE LIFTS ME.

For ways to get moving with  
your health condition ask  
for advice today or visit  
[WeAreUndefeatable.co.uk](http://WeAreUndefeatable.co.uk)

In partnership with



breast cancer  
**now**



British Red Cross



**VERSUS  
ARTHRITIS**



**MACMILLAN  
CANCER SUPPORT**

ROYAL  
VOLUNTARY  
SERVICE

**Stroke**  
Association

PARKINSON'S UK



**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.