

**WE ARE
UNDEFEATABLE**

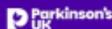
**FROM
'WHERE DO
I START'
TO**

'I DID IT'

**Discover ways to get moving
a health condition.**

WeAreUndefeatable.co.uk

Scan to visit website



SK Moving Communities Community Survey



In December 2024, a survey was undertaken to help engage with residents to uncover attitudes and perceptions about physical activity. There were 311 respondents.

30% of respondents live with a long-term physical or mental health condition.

18% of respondents wanted specific sessions for people living with a disability or a long-term health condition

What is 'We are Undefeatable'?

- A National Movement backed by Sport England and National Lottery Funding
- A coalition of 15 leading health and social care charities
- Encourages people to find ways to move and be physically active that work with their long-term health conditions



Long term health conditions

- Around 1 in 4 people in England live with a long-term health condition.
- People with health conditions are twice as likely to be inactive
- 69% of people with long term health conditions want to be more active
- Barriers to being physically active generally include pain, fatigue, fear of worsening the symptoms and a lack of confidence

How South Kesteven residents can access 'We are Undefeatable' resources

Visit the We are Undefeatable website for free guidance

Find inspiration through real-life stories

Access workout cards and resources

Use 'Move to Your Mood' activity suggestions

Access free on demand and live short exercise videos and routines

Completely free to download the App and use via [Google Play](#) and the [App Store](#).

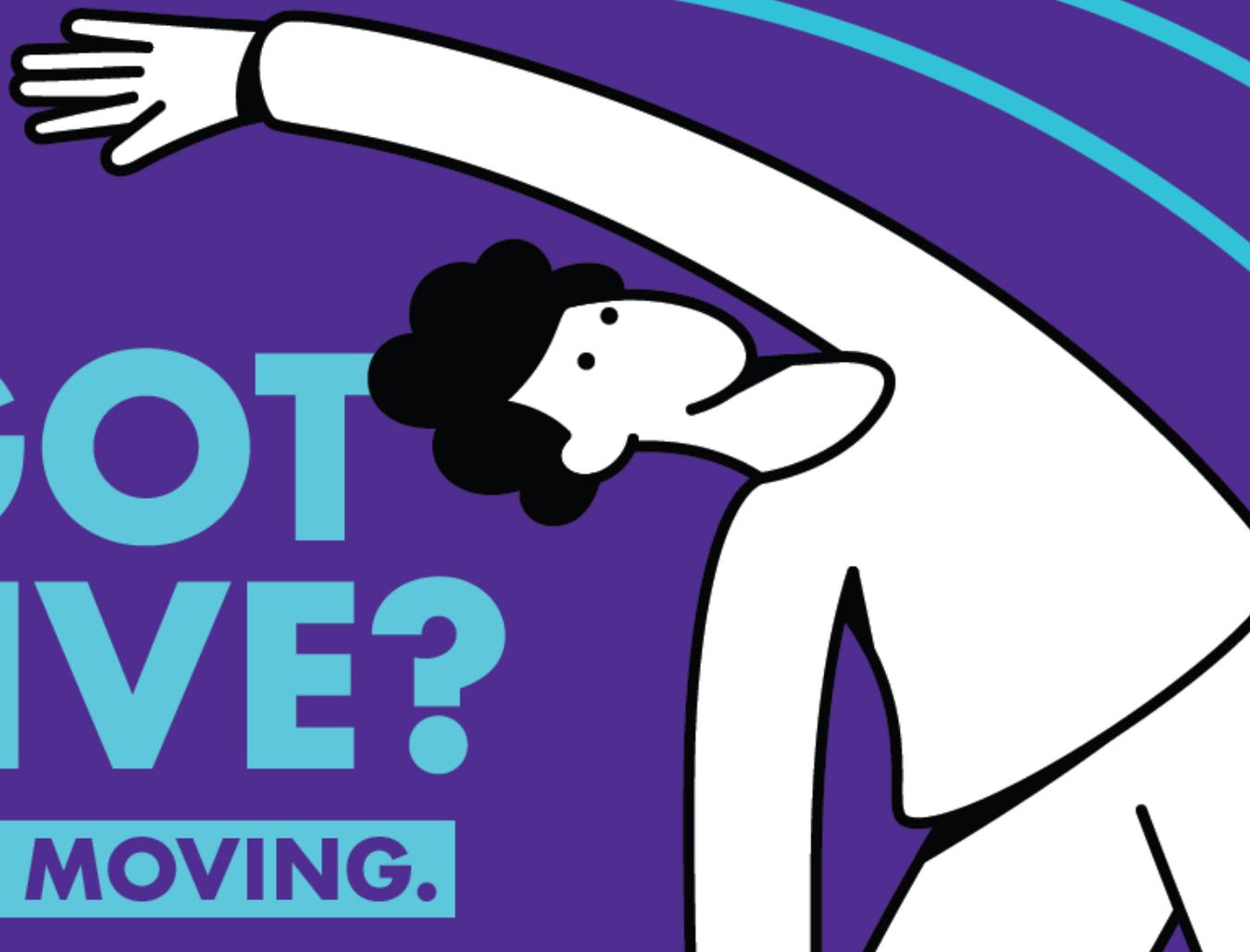
[Freedom To Move - Garden Routine with Bill Bailey](#)

**MOVING FOR
JUST FIVE MINUTES
CAN MAKE A
DIFFERENCE.**

Add a 5-minute
movement routine into
your working day, to
support your mental
and physical wellbeing

Find your Five in Five at
[WeAreUndefeatable.co.uk](https://www.WeAreUndefeatable.co.uk)

**WE ARE
UNDEFEATABLE**



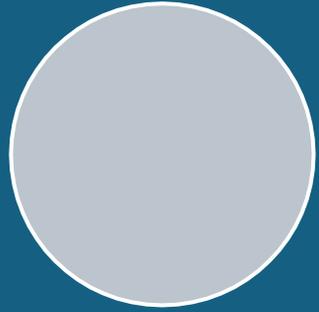
**GOT
FIVE?**

GET MOVING.

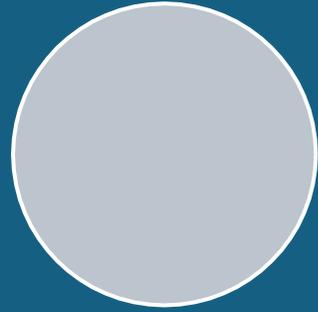
Benefits of being active

For residents	For the Council
Improves physical health and mobility	Supports the priorities within the Corporate Plan
Help manage symptoms of long-term health conditions	Helps to meet the objectives and outcomes within the Health and Wellbeing Strategy and Action Plan
Reduce social isolation	Encourages prevention and self-management of conditions
Improve mental wellbeing and confidence	Can help to reduce pressure on health and care services
Support independence and quality of life	Strengthens partnerships with health and community organisations

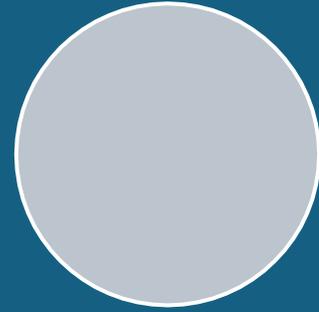
Next steps to support the campaign



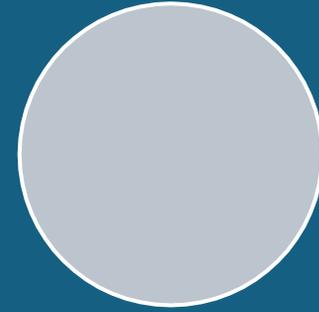
Promote the campaign through council communications



Work with local health partners and community groups/hubs



Share resources with GP practices and leisure facilities



Highlight local opportunities for residents to be active



Key takeaway messages

Small amounts of activity can make a big difference

The We are Undefeatable Campaign empowers residents with long-term health conditions

Encourage residents to find activity that they enjoy

Any
questions?

WE ARE
UNDEFEATABLE

