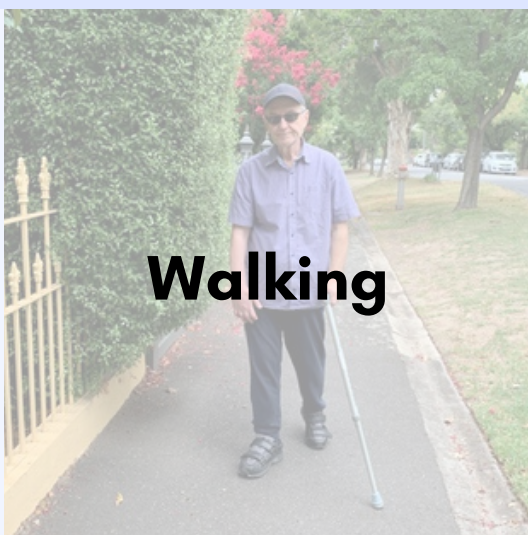


Stay Physically Active

Physical activity has many benefits for stroke recovery.
Here are some activities you can do:



Stay Physically Active

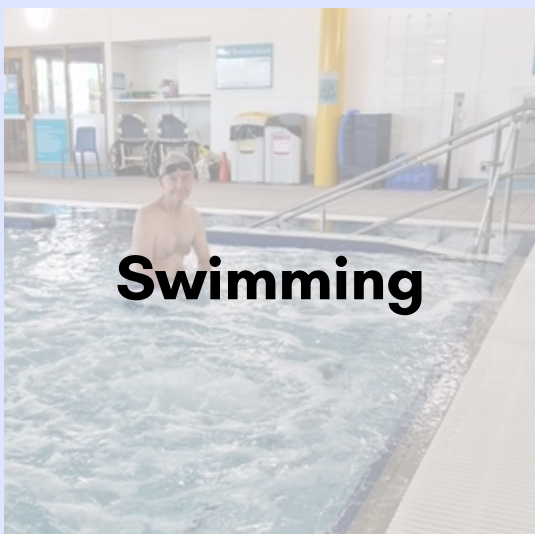
Physical activity has many benefits for stroke recovery.
Find an activity you enjoy! Here are some examples:



Running



Bushwalking



Swimming



Weight training



Going to the gym

More Information?
<https://enableme.org.au/Resources/Exercise>
or scan the QR code.

