

SHARE YOUR STORY	
Name	
Age	(Only if you want to tell us!)
Tel	
Email	
Tell us about you and how being active fits with your everyday life?	
What do you do to be active and move more?	
Tell us why you are active? What do you get from it? Or how does it make you feel? How did you start to be active?	
What has changed from being more active? (better mental health, weight loss, better social network)	

<p>What message would you give to encourage other people to be active and move more?</p>	
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If you have a photo that you are willing to share it will help to bring your story alive, please attach this when you send your story through.

Please return all stories to stuartrogers@barnsley.gov.uk
