



Easy Words and Pictures

Active Summer Fun

Active Summer Fun

A Guide for disabled people to find activities this summer.



This guide is from the
English Federation of Disability Sport (EFDS) and
National Disability Sports Organisations



English Federation
of Disability Sport

Making active lives possible



This leaflet is about our Active Summer Fun campaign.

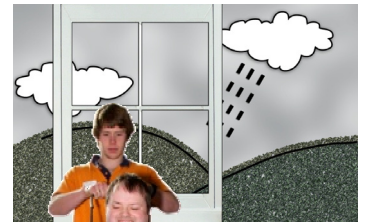


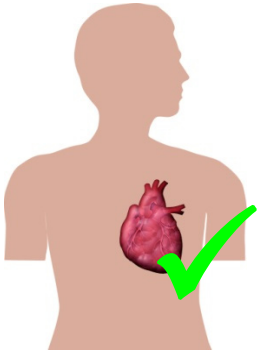
Active Summer Fun is a campaign to help disabled people find activities this summer.

Being active doesn't mean hard work and exercising.

No matter what the weather brings, being active indoors or outdoors can be fun.

Especially if you do it with your friends and family.





When it is fun we are more likely to do it regularly and improve our health.



Let us help you find something active to do this summer.



For more information visit our website www.efds.co.uk/ActiveSummerFun to find out more.