



**I'M
GETTING
STRONGER
MY WAY
TO DO THE
THINGS I LOVE**

**STRONGER
MY WAY**

»» A year after my stroke I could feel myself getting stronger and stronger. It was really encouraging and motivating having to keep going. **»»**

— ANDY



FIND YOUR STRENGTH WITH PHYSIO-APPROVED RESOURCES AT [CSP.ORG.UK/STRONGER](https://csp.org.uk/stronger)



I'M GETTING STRONGER MY WAY FOR INDEPENDENCE

**STRONGER
MY WAY**

▮▮ Doing these strength exercises has made me feel a lot more confident, capable of going out and doing things - basically living my life more independently. **▮▮**

— SARA



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STRONGER MY WAY

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