

## We are Undefeatable

“We Are Undefeatable” is a movement supporting people with a range of long term health conditions to keep active and healthy. They are supported by 15 leading health and social care charities. Their purpose is to support and encourage people to find ways to be active that work for them.

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**Website:** <https://weareundefeatable.co.uk/>

**Twitter:** <https://twitter.com/undefeatable>

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