

# SMALL MOVEMENT MEANS BIG GAINS.

John lives with a lung condition, but that doesn't stop him. Going to the gym keeps him pressing forwards.

Watch  
John's  
story



For little ways to move more with health conditions in **Blackburn with Darwen** visit [weareundefeatable.co.uk/bwd](https://weareundefeatable.co.uk/bwd)

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