

Adrian's Story

Proudly supporting
**WE ARE
UNDEFEATABLE**



This is Adrian.

He has Motor Neurone Disease.



This causes problems with the muscles in his face, mouth and throat.



Adrian believes that keeping moving helps him feel better.

Adrian has always loved long walks on the moors.



Adrian worries about falling. He walks on his own around town because it is flat.

He feels safer walking in the countryside with others.



Adrian and his wife love dancing. To make it easier for Adrian they do slower sequence dancing.



In winter, Adrian likes to exercise at the leisure centre. Adrian thinks that exercise is a good way to help his illness.

