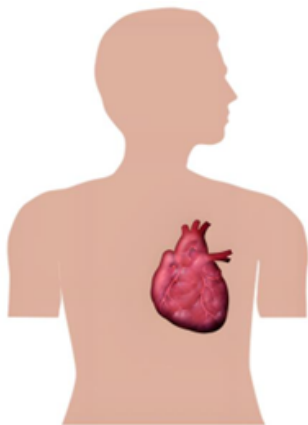


Bob's Story

Proudly supporting
**WE ARE
UNDEFEATABLE**



This is Bob. Bob had an operation to have a heart pump fitted.



His life changed when he started having heart problems.

Bob enjoyed riding his bike, playing football and walking with his wife.

He struggled to do these activities as his heart problems got worse.



Bob had physiotherapy at the hospital.

Bob worked on getting stronger and more confident about walking on his own.



Physiotherapists gave him information on different exercises such as squats.



When Bob felt better, he bought a new bike.



Bob was nervous about riding his bike alone.



Bob started riding his bike with other people like him. The group is called the 'Electric Cranks'.

Bob is now more confident.



Bob thanks his family, friends and health care professionals for their support.



Bob now volunteers and helps others learn to ride a bike.