

**I'M GETTING**

**STRONGER  
MY WAY**

**TO DO THE  
THINGS I LOVE**



**»»** 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)**





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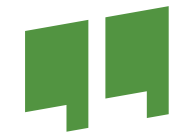


# I'M GETTING STRONGER MY WAY FOR INDEPENDENCE



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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