

Hej,  
Nice to meet you!



# Breaking Barriers to Physical Activity: The Safe Start Approach

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Center for physical activity

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How comfortable do you feel in situations involving movement and exercise?



# Safe Start – Aim

- ✓ To enable residents to increase their health through physical activity.



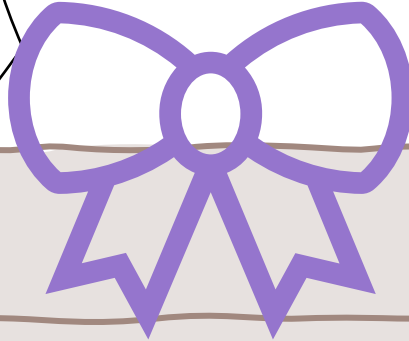
# Safe Start – Goals

- ✓ To provide activity organizers with tools to ensure inclusion of those new to physical activity.
- ✓ To facilitate health promotion through bridging gaps and displaying certified actors to residents and health care.



# The Safe Start Package

**To: Activity  
organizers**



Know-  
ledge

Good  
examples

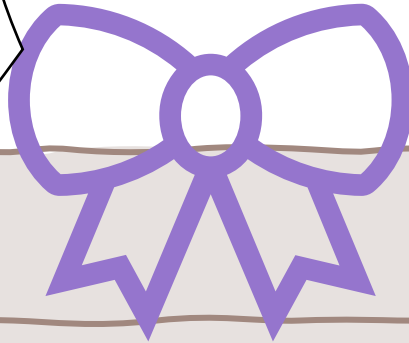
Self  
certification

Networking

Visibility

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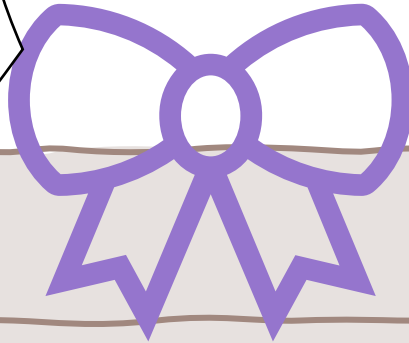
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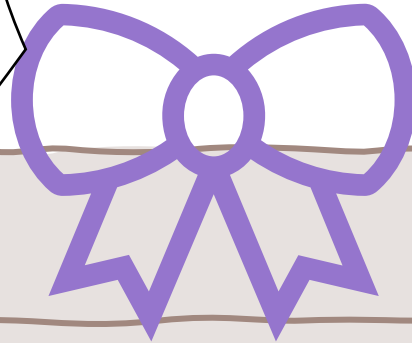
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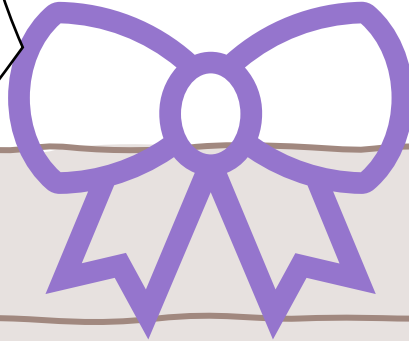
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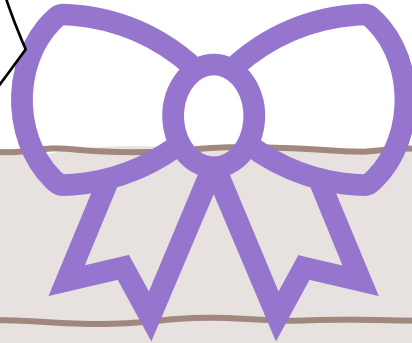
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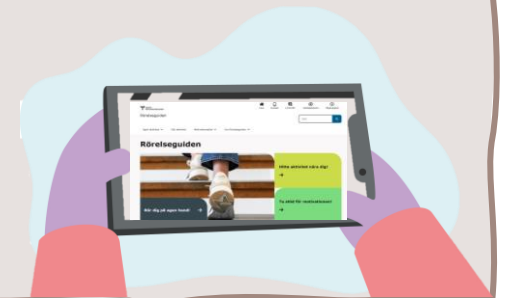
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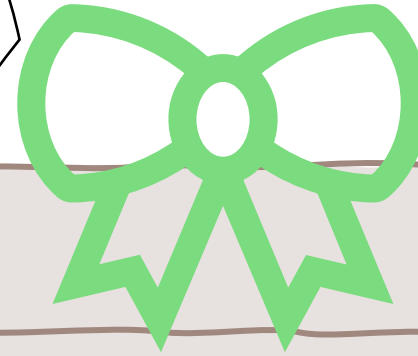
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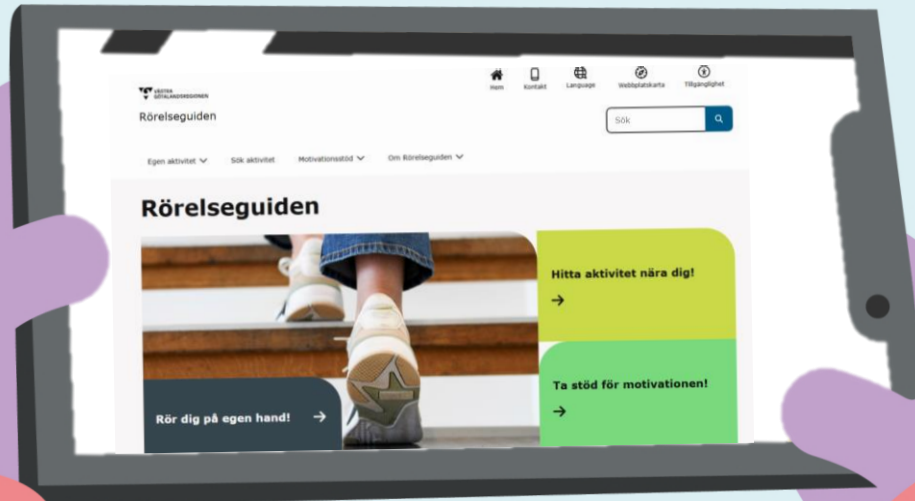


**To: Residents  
& Health care**



[www.vgregion.se/rorelseguiden](http://www.vgregion.se/rorelseguiden)

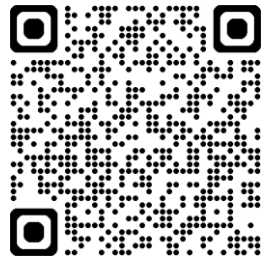
- Information on physical activity
- Motivational support
- **Display of Safe start-certified activity organizers**



# Breaking Barriers to Physical Activity: The Safe Start Approach



Psst, check us out!  
[vgregion.se/tryggstart](https://vgregion.se/tryggstart)





# VÄSTRA GÖTALANDSREGIONEN

Centrum för fysisk aktivitet

[www.vgregion.se/cffa](http://www.vgregion.se/cffa)

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Let's  
tango!

