

# RE-CONDITION THE NATION

#ItCouldBeYou

#ReconditionTheNation

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[THIS](#) is your how to get involved booklet

Your invitation to participate is [HERE](#)

Recondition The Nation - Invitation to get involved

Why are we doing this?

The recent pandemic has impacted the physical and psychological well-being of our populations. In particular, older people have been disproportionately affected. As we emerge from the pandemic, there is an urgent need to focus on supporting people to regain and retain their physical strength, independence and emotional well-being.



@ReconGamesUK

WINTER DE-CONDITIONING GAMES

East of England

INSPIRED BY

#EndPIparalysis